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'Phased' La Fiesta rehab includes video lottery. PAGE 4
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2012 budget to retain 16-hour cuts

CULTURAL CENTER HAIDEE V. EUGENIO
Refaluwasch Warriors showcase traditional cultural dances during the ceremonial opening of the Saipan Chamorro/Carolinian Village Cultural Center Headquarters on Saturday, March 26, on Capital Hill.

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» DPH, DPS not spared from budget cuts

By HAIDEE V. EUGENIO
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REPORTER

If it's any consolation, the work hour cuts now being shouldered by hundreds of government employees will remain at 16 hours per pay period and will not be increased to 20 or more hours despite an estimated $12 million drop in projected revenue for fiscal year 2012.

And despite the continued 16-hour cut, the Fitial administration does not anticipate at this time that government employees will lose their job in 2012.

Employee termination will be the last resort if all other austerity measures prove insufficient.

Lt. Gov. Eloy S. Inos, in an interview, said the 16-hour cut means many government employees will still get 64 hours

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Over $60 million in unspent stimulus funds eyed for CUC

By MONETH G. DEPOSA
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REPORTER

To address the immediate needs of the Commonwealth Utilities Corp., the Fitial administration wants to tap unspent federal stimulus funds amounting to over $60 million.

CUC's rate consultant, economists.com, disclosed this in its latest testimony to the Public Utilities Commission, saying the money would remedy the ongoing problems at the agency's power generation division.

"CUC and the CNMI government are currently reviewing unspent stimulus funding exceeding $60 million to see if any of it can be applied to CUC," said Dan Jackson and Robert Young, representatives of economists.com, in their report on March 9.

CUC recently asked the commis-

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Kaipat resigns as Labor deputy secretary

By FERDIE DE LA TORRE
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REPORTER

Cinta Kaipat has resigned from her post as deputy secretary of the CNMI Department of Labor, *Saipan Tribune* learned last week.

Sources said that Kaipat, author of the controversial labor reform law when she was still a House member, left Labor in late February.

Press secretary Angel A. Demapan confirmed with the *Saipan Tribune* Thursday that Kaipat has indeed re-

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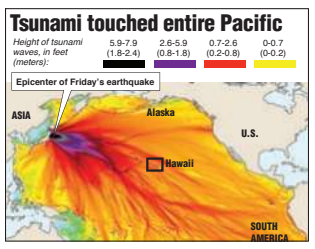

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Local

Saipan opens village cultural center headquarters

By CLARISSA V. DAVID
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REPORTER

Various local crafts and native artworks in several forms are now on display at the Saipan Chamorro/Carolinian Village Cultural Center Headquarters, which officially opened Saturday morning.

Government officials and community members attended the ceremonial opening of the cultural center—located at 1213 Capitol Hill Road—which also houses the office of the Inetnon Amot yan Kutturan Natibu/Mwiischil Safey me Kkoor Aramasal Faluw, the organization that made the establishment of the cultural centers in the CNMI possible.

IAKN/MSKAF is a nonprofit corporation created in 2007 to promote and support traditional healing and indigenous culture preservation through educational programs, community awareness, conferences and workshops, documentation, and publication of learning materials.

The group received a grant from the Administration for Native Americans in September 2010 to establish village cultural centers on Saipan, Tinian, and Rota as well as research and publish a manual or book with CD on the traditional Chamorro art form of Chamorrita to be published by the end of 2012.

Last March 19, the IAKN/MSKAF officially opened the Rota Chamorro Village Cultural Center at the Department of Community and Cultural Affairs Rota office.

Saturday's ceremony featured the traditional blessing or offering an appreciation prayer to the Ut spirits, cultural performances, and a feast of traditional food.

"Local culture and tradition is on the verge of collapsing. As we move forward with this project, we can do something before we completely lose our heritage," Isidoro T. Cabrera, president of IAKN/MSKAF, told *Saipan Tribune*.

According to Cabrera, the opening of the cultural center headquarters is only the beginning of a bigger and more important task ahead.

"It is very important that we continue this project by teaching activities at the cultural center that will continue for all generations to come," he said, adding that traditional medicine preparation and other culture-related classes will soon be offered at the center by various cultural experts.

Among these cultural experts is Noel Quitugua, who moved to Washington in October 2009 but was contracted under the ANA grant to work on various craft displays, including a replica of an authentic Chamorro or latte stone house, which he also made for the NMI Museum.

"With this village cultural center, I'm finally seeing my dream to have a place where people can see the richness of our culture," said Quitugua who used to work for the Commonwealth Council for the Arts and Culture.

Cabrera disclosed that they plan to partner with the Public School System to have students from various public schools visit the center and perpetuate the local culture, language, and traditions through the youth.

He said more arts and crafts displays will be available in two to three weeks, with the schedule of cultural classes to be announced in the coming days.

Cabrera also said that they will work on opening a village cultural center on Tinian early next year.

Indigenous Affairs Office resident executive director Ignacio "Ike" Demapan congratulated the IAKN/MSKAF for the success of the cultural center headquarters' opening.

"We can use this as a vehicle to advance our culture and our languages," said Demapan, adding that the project is "long overdue."

Demapan also hopes to see a bigger and larger building for the center where they can provide local arts and crafts on a larger scale through the help of the IAKN/MSKAF and government officials, including Delegate Gregorio Kilili Sablan.

"We have been working cohesively with the association and we will continue to work with them to reach our goal. The administration is always ready to assist this group," he added.

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Freedom Air wants Lizama's lawsuit tried in federal court

The owner of Freedom Air wants the lawsuit filed by former associate judge Juan T. Lizama against it to be transferred from the Superior Court to the federal court.

Attorney David P. Ledger, counsel for Aviation Services Ltd., filed Friday in the U.S. District Court for the NMI a notice of removal of Lizama's lawsuit from the Superior Court to the federal court.

Ledger said Freedom Air's principal place of business is the Territory of Guam and that the amount in controversy, exclusive of fees and costs, exceeds $75,000.

The lawyer said Freedom Air has also filed a notice of removal in the Superior Court and served a notice on Lizama.

Lizama is suing Freedom Air after he allegedly nearly fell out of the plane when the door suddenly opened while the aircraft was airborne during a flight from Saipan to Tinian in 2009.

The former judge sued Aviation Services Ltd. for negligence and violation of the CNMI Consumer Protection Act.

He asked the Superior Court to order the defendant to pay him damages, attorney's fees, and court costs. He wants a jury trial.

In Aviation Services' answer to the complaint, Ledger said any problem that Lizama may have actually experienced with the aircraft door was of his own doing.

Ledger asked the court to dismiss the complaint and award the company attorney's fees and court costs.

According to the complaint, as a result of the incident, Lizama suffered physical injuries, trauma, and emotional distress. The former judge alleged he was in a state of shock and was very nervous and frightened.

On Jan. 30, 2009, Lizama was the lone passenger of a Freedom Air flight from Saipan to Tinian. He was to attend a funeral of his Tinian District 2008 election campaign manager.

According to the complaint, while the plane was airborne, the door, which was not secured well, suddenly opened. Lizama allegedly nearly fell out. ***(Ferdie de la Torre)***

Man allegedly beats up girlfriend

A man was arrested for allegedly beating up his girlfriend in the back of a store in western Garapan last week.

Kai Qi Lin, 46, was arrested for assault and battery, and disturbing the peace. Bail was set at $1,500 cash.

The victim sustained minor bruises in the arms and wrist, police said.

Detective Catherine B. Pangelinan stated in a report that police officers had responded to QQ Store in western Garapan on Wednesday at 2:34am, after receiving a 911 emergency call of a domestic violence incident.

At the store, a police officer met the victim and learned that Lin had pulled her arms and punched her on the head. The victim hit her head on the door. The suspect allegedly dragged the girl into the room to avoid the surveillance camera.

One of the security guards of the building stopped Lin from further beating up the girlfriend. The suspect left on a car, but a police officer later stopped him along Beach Road in Chalan Kanoa. ***(Ferdie de la Torre)***

Senate panel mulls holding oversight hearing on CUC

By HAIDEE V. EUGENIO
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REPORTER

The Senate Committee on Public Utilities, Transportation and Communications is planning an oversight hearing on the Commonwealth Utilities Corp., specifically on its utility rate increases and compliance with federal stipulated orders.

PUTC Committee chair Sen. Juan Ayuyu (Ind-Rota) said the panel is looking at holding a joint oversight hearing with their counterpart committee at the House.

"There are lots of concerns about CUC. …Utility rates continue to go up. We want to know the reasons why they want to raise it again. Is it justified? Can they hold off on the increases at this time?" Ayuyu said.

CUC's latest filing with the Commonwealth Public Utilities Commission dated March 9 involves a request for a higher increase in its electric base rates than the proposal it first filed in November 2010.

The new proposed rate would increase the monthly bill of average residential customers using 500 kilowatt-hours by $5.96, while those using less than 250 kWh a month will see an increase of $4.21.

CUC wants the new rate to take effect in May.

Rep. Stanley Torres (Ind-Saipan), chairman of the House Committee on Public Utilities, Transportation and Communications, has reservations about an oversight hearing at this time.

"Having an oversight hearing on CUC, either by Senate or House or a joint hearing, may step on the responsibilities and functions of the CPUC," Torres told *Saipan Tribune* yesterday.

Torres said he has yet to talk to the Senate PUTC committee members about their planned oversight hearing.

CUC's March 9 request is just the latest of rate increases the agency has submitted to the CPUC for approval. In November, CUC asked CPUC to allow it to increase its electric base rate. It then amended its request on Dec. 8 and Feb. 9, followed by its latest request on March 9.

Fitial signs new law on medical consent

Gov. Benigno R. Fitial signed into law Wednesday a bill recognizing the right of adult persons to make decisions regarding the rendering of their own healthcare, including end-of-life decisions to accept or refuse care in the event of terminal or permanent unconscious condition.

This right extends to parents and other adults who are legally responsible for the well-being of patients who are unmarried and un-emancipated minors.

Fitial signed Senate Bill 17-11, Senate Draft 1 into Public Law 17-35 on Wednesday.

SB 17-11, introduced by Sen. Ralph Torres (R-Saipan), is also called the Medical Consent Act of 2010. Torres is the chairman of the Senate Committee on Health.

The new law enacts a new Chapter 8 of Division 2 of Title 3 of the Commonwealth Code.

Torres, in his bill's findings, said the Legislature creates, recognizes, and supports a patient's right to remove himself from a hospital or other facility upon certification of his anticipated death by his attending physician.

The new law says that an individual of sound mind and at least 18 years old may execute at any time a declaration governing the withholding or withdrawal of life-sustaining treatment.

This shall be a part of that individual's medical record.

Such declaration shall also be operative both in and out of a hospital setting. ***(Haidee V. Eugenio)***

Landowner files counter-claim vs businessman

A landowner has filed a counter-claim against a businessman who sued her for allegedly defrauding him by making him remodel a bakery and restaurant in exchange for the lease of a property that she had actually already leased to another investor.

Ignatia C. Aldan, through counsel Joaquin DLG. Torres, counter-sued businessman Ting Jian Tang for breach of contract.

Aldan is demanding for unspecified damages, attorney's fees, and court costs.

Torres alleged that Tang, also known as Kevin Tang, breached their agreement when he did not complete the scope of work in renovating the restaurant.

Torres said that, in early March 2009, Aldan and her husband were looking for someone to renovate the restaurant where "Mary's Bakery" sits.

The lawyer said the couple offered Tang to renovate the restaurant for a total value of $98,675 plus $10,000 cash.

Tang allegedly wanted to lease the property where MGM Garment used to be and offered to Aldan to use the cash and renovation costs as payment for the first 10 years of the property's lease.

Torres said Aldan informed Tang that the property is actually still leased out to MGM.

Torres said Tang told Aldan he is willing to wait until the title of the property is cleared.

The lawyer said that, on March 22, 2009, Tang and Aldan signed an agreement indicating all the scope of work that needed to be done at Mary's Bakery and the price for complete the scope of work.

According to the agreement, Tang was to start work on March 22, 2009, and complete work on or before May 30, 2009 but Torres said that Tang failed to do this by the deadline.

The lawyer said the businessman also did not communicate with Aldan that the scope of work was completed anytime in May or before June 15, 2009.

Tang sued Aldan for breach of contract, unjust enrichment, unlawful conversion, and fraud.

Tang stated in his lawsuit that in March 2009, Aldan approached him and requested an emergency loan so she could cover her payroll.

Attorney Michael Dotts, counsel for Tang, stated in the complaint that Tang loaned $4,000 to Aldan.

After a few days, Tang proposed to renovate Aldan's "Mary's Bakery" for $98,675.

Dotts said Aldan advised that she could not afford to pay $98,675 and instead offered to lease Tang the MGM property in exchange for the renovation and remodeling work.

Dotts said Tang gave more money to Aldan and renovated the bakery.

Dotts said that, unknown to Tang, Aldan had leased the MGM property to Lee Kwang Suk on June 19, 2009. ***(Ferdie de la Torre)***

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'Phased' La Fiesta rehab includes video lottery

By HAIDEE V. EUGENIO
haidee_eugenio@saipantribune.com
REPORTER

Besides retail stores and other tourism-related activities, the multi-million La Fiesta Mall revitalization project requires the construction of a gaming area for at least 200 video lottery terminals as stated in the project's scope of work.

The Department of Finance says net gaming funds from the video lottery operations will be used solely for the payment of obligations to the NMI Retirement Fund.

Finance, which released the scope of work last week, also said the CNMI will consider a "phased" development of the former La Fiesta mall because of the associated significant capital assets and risks.

Initial estimates are that La Fiesta Mall renovations will cost $5 million.

The minimum first phase, however, will have to be $3 million in capital investment.

Acting Finance secretary Larissa Larson, along with Lt. Gov. Eloy Inos and Procurement and Supply director Herman S. Sablan, amended the request for proposals on the La Fiesta project to extend the deadline for submitting proposals.

The new deadline is April 29, 2011, from the original date of April 5.

As of last week, several private entities have already picked up a copy of the scope of work, including Bridge Capital LLC, which was the only one that responded to the original RFP.

Negotiations between Finance and Bridge Capital bogged down, resulting in the release of a new RFP on the La Fiesta revitalization project.

In return for the development and operation of the La Fiesta Mall, the developer will be provided a long-term management agreement and allowed to retain all net proceeds from mall operations.

But an additional element of the mall development project is the provision of space for the establishment of a video lottery terminal operation.

The CNMI government will provide the developer with a percentage of video lottery terminal net revenue.

The CNMI has a leasehold interest in the La Fiesta Mall in San Roque. The mall has been empty for several years and suffered serious deterioration due to vandalism and neglect.

The government has been paying some $200,000 annually for the lease of the La Fiesta property, yet it has not earned a single cent from it since 2004.

It now seeks to renovate the mall to return it to commercial use and is requesting proposals from interested parties.

The empty mall has over 100 shops, office spaces and a large common area on three major levels.

Fitial's problematic spine limits his mobility

By HAIDEE V. EUGENIO
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REPORTER

Press secretary Angel Demapan said the governor's problem with his spine and the ongoing physical therapy to help treat it is limiting his mobility and his public appearances.

Nevertheless, he said the governor is still able to report for work and perform his duties and responsibilities, except for public appearances where he needs to walk long distances or stand for long periods of time.

He said Fitial's ongoing medication does not affect his mental capacity and he is still "absolutely" fit to govern.

The press secretary added that the medication has no effect on the governor's mental or judgment capacity.

"These are just routine medications for cases like his," he said, adding that the governor has inflammation in his lumbar No. 4 and No. 5 of his spine.

"He's back to work but he has some limitations in terms of his public appearances because there are certain times that he does his therapy and so for now while he's in the recuperating process, the lieutenant governor has been covering for him in a lot of activities," Demapan told reporters Friday.

The governor spent a week of treatment and assessment at the UCLA Medical Center in Los Angeles early this month.

At the recommendation of his physician, Dr. Jeffrey Wang, the executive director of the UCLA Comprehensive Spine Center, Fitial's scheduled spinal procedure was called off for at least the next three months.

Following the 90-day period, another MRI will be ordered to determine whether or not spinal surgery on Fitial will still be necessary.

The governor is hopeful that the prescribed medication and physical therapy will be able to decompress his inflamed and tight lumbar Nos. 4 and 5. The governor was experiencing difficulty and challenges in his mobility because of the inflammation.

In 2006, Fitial had neck surgery at the UCLA Medical Center to correct his spinal stenosis, a narrowing of the spinal canal that places pressure on the spinal cord. He also had another surgery to address a similar condition affecting his lower back.

Inos, for his part, said Fitial's medication is helping the governor get better.

He said the governor is taking his pace given his recuperation.

"We don't want to push him, too. We want him to just take his pace and not push him [to do more than he can]," Inos said.

Demapan also said the governor is involved in the deliberation on the 2012 budget.

TSA-hosted golf tourney to benefit MMAC

The 2011 Marianas March Against Cancer golf tournament—hosted by the Transportation Security Administration—will be held on Saturday, April 2, 2011, at the Laolao Bay Golf Resort in Kagman.

Showtime is scheduled for 6:30am and tee-off will be at 7:30am. Registration fee is $100.

"The 2011 MMAC committee is extremely grateful for the support we've received from the staff and management of the TSA. Their untiring support in the battle against cancer is deeply appreciated by all," said 2011 MMAC public relations committee chair Christopher A. Concepcion.

"We'd like to invite all avid golfers and those who are interested in the sport to join the TSA and MMAC organizers this Saturday for a fun round of golf. TSA has managed to secure great hole-in-one prizes including a Mazda 2 courtesy of Triple J Motors. Other prizes will also be awarded at the banquet following the tournament. All funds raised at this event will be donated to the 2011 Marianas March Against Cancer so the entire community is encouraged to show their support in the fight against cancer," said Concepcion.

TSA has announced there will be a "closest to the pin" award as well as cash prizes of up to $500 for the lucky winners.

For more information on the 2011 MMAC golf tournament hosted by the TSA, contact Betty Kosam at 285-4071 or Sia Dela Cruz at 285-4070.

The 2011 Marianas March Against Cancer will be held from 6pm to 6am on May 13-14 at the Hopwood Junior High School field in Chalan Piao.

For more information on the 2011 MMAC, contact overall committee chair Dave Guerrero by phone at 989-2496 or via email at dave.b.guerrero@gmail.com or visit www.ccamarianas.org. ***(PR)***

KAIPAT

From Page 1

signed her post as Labor deputy secretary.

Demapan said that, back in February 2011, Kaipat had expressed to Gov. Benigno R. Fitial and Lt. Gov. Eloy Inos her need to go on an extended leave of absence to tend to other matters and pursuits.

"After such consultation, Ms. Kaipat felt that resigning from her post was the best choice to make at this time," Demapan said.

Saipan Tribune tried to reach Kaipat for comment, but a family member disclosed yesterday that she is currently on a personal trip to the Philippines.

Kaipat was previously employed at Labor as an administrative hearing officer before she became a lawmaker.

As a House member, she was the principal author of Public Law 15-108 that took effect in early 2008.

Human rights advocate Wendy Doromal at the time had slammed the law as inhumane and mean-spirited and would harm not only guest workers and their families but the residents of the CNMI, businesses, and the economy as well.

Kaipat had strongly defended the law, stating, among other things, that nothing in P.L. 15-108 deprives any foreign worker of any aspect of belonging in the community.

Kaipat lost her re-election bid as representative for Precinct I during the November 2007 election.

In February 2008, Fitial tapped Kaipat as Labor's deputy secretary.

A few months after assuming the deputy secretary position, Kaipat had a "word war" with then Federal Ombudsman James Benedetto. According to her, Benedetto refuses to share with them Labor administrative orders and sworn statements that he had collected from alien workers.

Benedetto, however, explained that he refused to turn over to Labor documents regarding the $6.1 million owed hundreds of alien workers because Labor could provide no assurances that the data would not be used against guest workers.

Kaipat later blamed Benedetto for the alleged withholding of federal grant funds that were earlier available for Labor's operations.

Last year, Kaipat also engaged in a "word war" with Federal Ombudsman Pamela Brown over some issues.

In a meeting with local lawmakers, Kaipat said that Brown is "acting recklessly" and is only creating confusion among employers and employees about the umbrella issue.

Interior Assistant Secretary Tony Babauta defended Brown's statements at a forum where she stated, among other things, that Labor has lost its authority to revoke umbrella permits when the federalization law took effect on Nov. 28, 2009.

Last year, Kaipat bristled at the suggestion that Labor is not cooperating with the U.S. Immigration and Customs Enforcement, and reminded ICE spokesperson Lori K. Haley that the CNMI is not "a colony."

Kaipat said that Haley's allegation that Labor was not responding to ICE's requests relating to more than 500 deportation referrals was not true and even inflammatory.

STIMULUS

From Page 1

sion to allow it to increase its base rate charges, saying it needs the money to complete major projects required under two stipulated orders. The proposal, if approved, will take effect on May 11 this year.

This is on top of other options CUC is looking at in order to get funding for its many projects.

The stipulated orders, a series of agreements between the U.S. Environmental Protection Agency and CUC, aim to resolve deficiencies in CUC's wastewater systems, drinking water systems, and oil storage, transportation, and disposal program.

Just to satisfy the requirements of stipulated order No. 2, CUC said it needs about $16 million to meet the oil-related requirements. The failure to obtain financing and other grants prompted CUC to come up with the proposed rate increase.

Economists.com also disclosed that CUC has engaged an international bond advisory firm, Stone and Youngberg, to assist them in obtaining outside financing for projects. Jackson and Young said that the firm has already cautioned them that obtaining private financing at a reasonable cost may be challenging for CUC.

The EPA had also written to CUC on Feb. 24, offering to form a task force to assess funding needs and sources.

"The expertise and connections offered by a task force composed of CUC and EPA officials may well lead to the acquisition of additional capital funding. Further, EPA's offer implies that they recognize that it takes time and effort to acquire funding for these projects, and that they will work with CUC to achieve these goals in a reasonable timeframe," said the consultants.

Economists.com also disclosed that CUC is aggressively exploring other alternatives, including investor and bank-funded debt to address the agency's financial needs.

BUDGET

From Page 1

instead of 80 biweekly in fiscal year 2012, contrary to what others fear—that there will be more work hour cuts because of a further drop in projected revenue.

The administration projects the fiscal year 2012 revenue to reach just $120 million or less, down from the $132 million for fiscal year 2011.

Inos, who oversees government finances, said the administration is trying to finalize the budget package by March 30 so that Gov. Benigno R. Fitial could convene his council on March 31, a day before submitting the budget package to the Legislature.

The governor's council includes the mayors of Saipan, Tinian, Rota, and the Northern Islands as well as the executive assistant for Carolinian affairs.

The deadline for submitting the budget to the Legislature is April 1.

"The budget is not going to be one that everybody will be happy [with] because of the constraints on the resources but our task is to make them [programs] more efficient, realize resources, reallocate resources and then concentrate them in areas that are critically needed," Inos told *Saipan Tribune* in an interview at the opening of the Chamorro/Carolinian Village Cultural Center on Capital Hill Saturday morning.

The 9 to 10 percent cuts in monthly allotment for fiscal year 2011 starting in April will, in a way, help prepare the agencies and departments for lower budgets in 2012.

FY 2012 starts on Oct. 1.

Inos, who is overseeing the preparation of the fiscal year 2012 budget, said critical agencies such as the Department of Public Health, the Department of Public Safety and the Department of Corrections won't be spared from budget cuts in 2012 but there will be restructuring for efficiency and cost-effectiveness without compromising the delivery of public safety and health services.

At DPH, for example, the creation of a healthcare corporation is expected to result in cuts in expenses, so its budget will be a bit lower than what it is currently receiving.

DPH will also see minimum budget cuts in specific areas such as on dental services, because of the availability of dental services provided by private clinics in the CNMI.

"We [will] try to divert or transfer most of the business opportunities out to the private sector," Inos added.

Inos, a former Finance secretary, said the administration is looking at "some major restructuring between DPS and Corrections, as well as a review of the Fire Division, which is under DPS. He said there may also be "vertical" restructuring.

He said that while DPS has cut its overtime costs, its Fire Division continues to incur a lot of overtime work and pay.

Funding for the mayors' offices are also expected to receive less than their budget now.

House minority leader Diego Benavente (R-Saipan) said every department, agency, or branch should share the burden of reduced allotments or budget, to ensure that critical government services such as public safety and public health are still funded.

Capital Hill employees said they'd rather continue to have 16-hour work cuts rather than lose their jobs.

"We're already used to the work-hour reduction. We hope not to have pay cuts but the government is having financial problems," said one who has been in government for over 10 years.

There are also some agencies that have taken the initiative to submit lower budgets, including the Office of the Public Auditor.

Public Auditor Michael Pai said OPA's proposed 2012 budget is $2,164,700, which is 15 percent less than its 2011 budget of $2,556,700.

THC's medical provider eyed for transfer to DPH program

By MONETH G. DEPOSA
moneth_deposa@saipantribune.com
REPORTER

Tinian Health Center resident department head Raymond T. Dela Cruz Jr. disclosed Friday that one of the center's three medical providers may be transferred to another program directly administered by the Department of Public Health.

He said that family nurse practitioner Arley G. Long is being considered for this assignment.

The health center's management, Dela Cruz said, is working with new medical director Dr. Stephan Lebamoff to upgrade and expand the center's services.

Lebamoff was hired in January 2011. He works with three medical providers: Long; William Weiss, physician assistant under locum contract; and Dr. Gary Ramsey, who provides medical coverage on an as-needed basis.

"In implementing the plan to expand outreach programs, children, women's, and public health services, director Dela Cruz and Dr. Lebamoff are considering assigning one of the medical providers to specifically lead the efforts through the established Public Health sector of THC," a statement from the THC management said.

The statement said that Long, having had extensive experience in patient care and in programs under public health, is considered the best candidate for the task.

However, because THC is not spared from the budgetary shortfall, Dela Cruz said that he and Lebamoff have agreed to hold off any decision for now and to further evaluate any reassignments if needed.

Currently, Dela Cruz said, the primary need is to focus on the clinic and its delivery of healthcare services to the Tinian community on a daily and dependable basis, with continuity of care.

"The recruitment of an additional medical provider is necessary as the current providers are working excessive hours. Providers at the THC work an average of 450 hours of on-call-time a month that is not directly compensated due to financial constraints of THC's operations. The providers split this monthly on-call hour schedule between them at approximately 150 hours each per month plus/minus depending on the month's schedule for providers. Since THC does not have the funding for the required compensation of these providers for on-call services, THC management has created an internal program, as authorized by each provider's contract, to indirectly compensate each provider by giving them several paid days off during the month as compensatory time," explained Dela Cruz.

He added that the 32 or so hours given to the providers in no way matches the over 150 hours of on-call work each provider has given.

Dela Cruz further recognized that the major budget shortfall is having some impact and has created some differences within the staff, but with the assistance of Lebamoff and the division supervisors, they were able to address them accordingly.

New equipment for THC

Additionally, Dela Cruz said the CIP Office of the Fitial administration is in the process of buying new medical equipment for the center under a grant from the Office of Insular Affairs.

Dela Cruz said the new medical equipment are tentatively set to arrive in mid-April and include a new digital x-ray machine, a dental x-ray machine, portable oxygen saturation machine, vital signs machine, defibrillator with pacer, ECG machine, bedside cardiac monitor, power heart AED, and automatic patient beds.

The Tinian leadership, he added, also contributed by providing funds to expand the radiology and medical laboratory rooms to accommodate the new medical equipment, renovation of the entire facility including the emergency room, emergency command center and complete renovation of all patient rooms to meet federal standards. It is also addressing the funding requirement to procure auto clave sterilization, bio-hazard waste disposal systems, and other equipment.

Having trouble reading the blackboard?
It's a possibility that your child may be having difficulty reading the blackboard at school and this could be affecting their schoolwork.
Some signs that indicate a child may have a vision problem include:
- Frequent eye rubbing
- Short attention span
- Avoiding reading/other close activities
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- Holding reading materials close to the face
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ARE YOU READY?
What is CERT?
The Community Emergency Response Team (CERT) is a program that educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster skills such as fire safety, light search and rescue, team organizations and disaster medical operations.
CERT is you! It's your neighbor, your co-worker, your local grocery store and everyone in the community actively involved in making the CNMI safer, stronger and better prepared.
Remember, that the first responder on the street may not even be the police or fire; it's the guy who's there when the accident occurs....
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Email: jdelacruz.ohs@gmail.com
CNMI CERT COMMUNITY EMERGENCY RESPONSE TEAM
CNMI citizen corps

The ABCs of tsunamis

WHAT IS TSUNAMI?

- A Japanese word meaning Harbor Wave.
- It is a very long period wave
- 50-150 miles crest to crest
- 15-45 minutes crest to crest
- Most are earthquake generated
- Speed greater than 500 mph in deep water
- Height is a few inches to 2 feet in deep water
- Most damage is near the earthquake epicenter
- A tsunami wave is classified as a seismic wave and not a wind-generated wave; these waves differ

DEFINITIONS:

Local tsunami: A tsunami that is generated within 60 nautical miles (nm) of a location.

Distant tsunami (Tele-tsunami): A tsunami generated more than 600 nm from a location.

Regional tsunami: A tsunami generated between 61 and 600 nm from a location.

Destructive tsunami: A tsunami that causes significant destruction.

Non-destructive tsunami: A tsunami that does not cause significant destruction.

GENERATION MECHANISMS

- Shallow (less than 60 miles deep) underwater earthquakes
- Very large underwater landslides (a mile across)
- Underwater volcanoes
- Meteorites
- Anything that rapidly displaces a large volume of water in the ocean or a large body of water. The most common sources of undersea earthquakes are subduction zones where tectonic plates collide.

A tsunami generated near southern Alaska would reach all of Micronesia in 7-9 hours.

TSUNAMI PRODUCTS

Bulletins, watches and warning are issued by the Pacific Tsunami Warning Center in Ewa Beach, Hawaii.

Tsunami bulletin: A statement that indicates an event, usually an earthquake, has occurred, and indicates whether or not a destructive tsunami could have been generated.

Tsunami warning: A message issued when a potentially destructive tsunami is within 3 hours of a specific location.

WARNING PROCESS

A bulletin, or a Watch or a Warning is sent to the National Disaster Office and Weather Office and also to the Weather Forecast Office Guam where it sets off an alarm. WFO Guam then contacts the appropriate weather or disaster office (DCO, EMO, OCD) to make sure it received the information.

For a bulletin: The disaster office monitors the situation to see if a destructive tsunami was generated.

For a Watch (destructive tsunami may arrive within 3 hours): The head of state (president or governor) or his designated representative will direct an islandwide or selected coastal evacuation. Response instructions will be disseminated as appropriate.

These warning processes pertain to regional and distant tsunami. For local tsunamis, there is not time for a watch or a warning. If the ground shakes violently, immediately get away from shore after the earthquake stops. If possible, go up 30 feet of elevation and 100 feet inland. On low islands, go to the highest, most inland location on the island.

DESTRUCTIVE TSUNAMI CHARACTERISTICS

Tsunami warnings are based on the following:

- They are based on waves that travel along the surfaces.
- For local tsunami (within 60 nm): An earthquake of at least magnitude 7.5 on the Ritcher scale is needed.
- For regional or distant tsunamis (greater than 60nm): An earthquake of atleast 7.9 on the Ritcher scale is needed.

TSUNAMI WATCHES AND WARNINGS

Set by the Pacific Tsunami Warning Center, National Weather Service, National Oceanic and Atmospheric Administration

DISSEMINATION OF TSUNAMI WATCHES AND WARNINGS

It takes the Pacific Tsunami Warning Center about 10 minutes to detect an earthquake and generate a Bulletin, Watch or Warning for the Western North Pacific Islands.

WHAT TO DO DURING A LOCAL TSUNAMI

1. Get away from the coastline; don't try to save property; save people.
2. If possible, go up 30 feet and inland 100 feet.
3. On a low island, go to the highest point as far inland as possible. Be ready to tie self to a tree.
4. Follow emergency instructions as soon as they are available.
5. Wait for the "all clear" signal; several (3 or 4) tsunami waves can occur. If no one gives the "all clear," wait one hour after the last wave.
6. Assess damage, especially to food and drinking water sources.

WHAT TO DO DURING A REGIONAL OR DISTANT TSUNAMI

1. Listen to directions from leaders.
2. If a watch is set for your location, get ready to respond. You can gather important papers and valuables, and plan escape while you are waiting.
3. If a warning is set for your location, follow directions 2 through 6 above.

HISTORICAL MICRONESIAN TSUNAMI OVER 3 FEET

Guam: 1849, 1892, 1952, 1993; Tinian: 1994

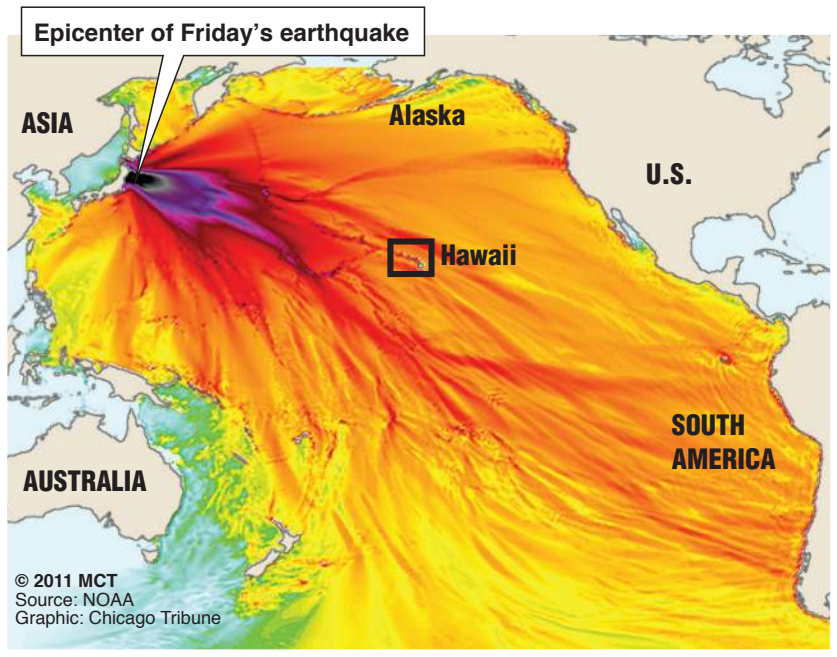
Yap: 1800s (maybe)

Source: National Response Plan, Department of Homeland Security

Tsunami touched entire Pacific

Height of tsunami waves, in feet (meters):

5.9-7.9 (1.8-2.4) | 2.6-5.9 (0.8-1.8) | 0.7-2.6 (0.2-0.8) | 0-0.7 (0-0.2)



COMING SOON!
SUNDAY, APRIL 3, 2011
10:00 a.m. - 3:00 p.m.
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Kites are now For Sale at Brilliant Star at reasonable prices!
Kite Contests, Arts and Crafts, Games, Bouncy Rides, etc.
Brilliant Star Montessori School

Commonwealth Utilities Corporation
Office of the Executive Director

REQUEST FOR PROPOSALS
CUC-RFP-11-028
SOLAR PHOTOVOLTAIC GENERATION

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified and experienced Independent Power Producers (IPP), to supply electrical energy generated from commercially proven Solar Photovoltaic System (SPS) for the Commonwealth of the Northern Mariana Islands.

CUC seeks responses from qualified developers from which the CUC intends to select one, or more, respondent(s) to negotiate Power Purchase Agreements (PPA) and install generation SPS facilities that best fit the CUC's requirements.

The Scope of Services requested in the Request for Proposal shall include, but not be limited to, securing sites, all permits and approvals from governing agencies, and providing all labor, services and equipment necessary to design, procure, install, construct, test, commission, monitor, operate, and maintain fully operational SPS Generating Facilities. Selected IPP(s) will be responsible for operating and maintaining all facets of the Generating Facility (ies) and for generating the required output as described in the Request for Proposal.

The Scope-of-Services will be **e-mailed** upon request, to all interested Offeror, by the CUC, Procurement & Supply Office, during working hours (7:30 AM to 4:00 PM), Monday thru Friday, except government observed holidays.

A Pre-proposal Conference will be held on **May 16, 2011 at 10:00 AM (ChST)**, at CUC Power Plant No. 1 Administration Building, Lower Base Industrial Park, Saipan, Commonwealth of the Northern Mariana Islands.

One (1) original and Six (6) copies must be submitted in a sealed envelope marked **"CUC-RFP-11-028 "Solar Photovoltaic Generation"** to CUC Procurement & Supply Division, 3rd Floor, Room No.4, Joeten Dandan Commercial Building, P.O.Box 501220, Dandan, Saipan MP 96950, no later than **September 29, 2011 at 10:00 AM** (ChST). A copy of the entire submission is also required to be sent by email to Mr. Manuel B. Sablan, Jr. Purchasing Officer via email address msablan@cucgov.net and Janina Muna, Procurement & Supply Administrative Assistant via email address mika_muna@cucgov.net or alternately include a CD with each copy of the submission. Proposals mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Late submissions and conditional offers will not be considered.

All inquiries must be submitted in writing no later than 10:00 AM (ChST) on **June 14, 2011** to Mr. Manuel B. Sablan, Jr. Purchasing Officer via email address msablan@cucgov.net; Ms. Janina Muna, Procurement & Supply Administrative Assistant via email address mika_muna@cucgov.net; and Mr. Wallon Young, Deputy Director, Power Generation/Distribution, via address email.wallon59@yahoo.com. CUC will respond to any questions and clarifications only to prospective offerors who have registered with the CUC Procurement & Supply Division for the solicitation.

This Request for Proposal does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of proposals in anticipation of a contract. Selection procedure shall be in full compliance with CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federal Laws. CUC reserves the right to reject any or all proposals and waive any imperfection in the Request for Proposal in the best interest of the government. All proposals shall become the property of CUC.

ABE UTU MALAE
Executive Director

Forum tackles women's roles and challenges they face

By CLARISSA V. DAVID
clarissa_david@saipantribune.com
REPORTER

Women in respective roles and the challenges they face were featured in a panel discussion organized by the CNMI Women's Association last Saturday at the Joeten-Kiyu Public Library as part of Women's Month celebration.

Over 20 women from different sectors participated in the discussion, with panelists that included first lady Josie Fitial, former Northern Marianas College president Agnes McPhetres, interim president Lorraine Cabrera, and Legislative Bureau director Glenna Reyes.

The panelists talked about their respective roles in the community, taking into account the many challenges confronting women in general such as divorce, single parenthood, and economic downturn.

Sen. Jovita Taimanao (Ind-Rota), one of the coordinators of the event, said the panelists were randomly selected and included women that inspire not just the group but the community in general.

CONTRIBUTED PHOTO

Women from different sectors have their picture taken with, seated from left, Sen. Jovita Taimanao, interim Northern Marianas College president Lorraine Cabrera, Legislative Bureau director Glenna Reyes, first lady Josie Fitial, and former NMC president Agnes McPhetres after a panel discussion organized by the CNMI Women's Association last Saturday at the Joeten-Kiyu Public Library as part of Women's Month celebration.

"These panelists have had positive impact on women in the CNMI. We wanted them to share leadership challenges as well as solutions in regards to their respective roles," she told *Saipan Tribune*.

CNMI Women's Association president Susana Blas Deleon Guerrero said that women play important roles that contribute tremendously to the development of the islands.

"In this time, women are increasingly involved in performing different roles in government, politics, education, health and many others. The different roles we women play in our society are helping to shape our lives and the lives of our children for the better, in the coming years," she said.

Deleon Guerrero noted that the most important role a woman has is that of a mother, who teaches children not just about daily chores but also of essential virtues and concepts such as discipline, respect for others, religion, love, and endurance.

"*Fanmalaoan, hita I minetgot yan I korason tano ta* (Women, we are the strength and the heart of our land, our island)," she concluded.

Member Rose Ada-Hocog described the discussion as "very insightful." "They shared their experiences and what they had to go through, situations they often find themselves in, especially in a world where people still have the mentality that men dominate society."

Ada-Hocog said the event was a healthy discussion about women. "I truly hope to see more participation from women in the community, especially those that need help to overcome what they're going through," she added.

House vice speaker Felicidad Ogumoro (Cov-Saipan) said that a lot more still need to be done.

"We all have to come together as women concerned in our community. Let's not be complacent. Let's be involved," she urged participants.

The group ended the event with the singing of *We Shall Overcome.*

COMMUNITY BRIEFS

Military sets Farallon de Medinilla training

SANTA RITA, Guam—The U.S. military will conduct training on the island of Farallon de Medinilla on the following dates and times:

- March 28-30, from 8am to 8:45pm
- March 31-April 1, from 8:15am to 8:45pm

The public, especially fisherman, commercial pilots and marine tour operators, are advised to stay clear from the area during the times and dates indicated.

The general location of the training on the island of Farallon de Medinilla training area will be on a 10 nautical mile radius on all quadrants. ***(USN)***

Veterans outreach on Rota, Saipan

This is to let all veterans and all concerned that Tina San Augustine, Department of Veterans Affairs legal administrative specialist from Guam, and Ruth Coleman, executive director of the CNMI Military and Veterans Affairs Office, will be on Rota and Saipan on for a veterans outreach on federal benefits. They will be also entertaining questions and assisting with claims.

- Rota: April 4-5, at 8:30am-4:30pm at the Rota WIA office
- Saipan: April 6-7, at 8:30am-4:30pm at the Military and Veterans Affairs Office on Capital Hill, building 1364.

For more information, call Coleman or Bernie Dela Cruz at the Military and Veterans Affairs Office at 664-2650. ***(PR)***

Commonwealth Utilities Corporation
Office of the Executive Director

INVITATION FOR BID
CUC-IFB-11-027

REHABILITATION OF SEWER LIFT STATION NOS. S-2 & S-8

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed bids from qualified firms for the rehabilitation and upgrade of Sewer Lift Stations and installation of Force-Main in Saipan, Commonwealth of the Northern Mariana Islands.

The project consists, in general of the rehabilitation and upgrade of Two (2) Sewer Lift Stations and the installation approximately 1,300 foot of force-main. The work shall be done not to disrupt the daily operation of the sewer discharge. The work is inclusive of rehabilitation of the wet well, replacement of pumps, guide rails, control panel cleanup of the basins, repair, replacement, rehabilitation of pipeline, pipes, replacement of generator, asphalt paving, etc. CUC requires the Project to be completed in **180 calendar days** from date of award of contract.

The Bid Package and Scope-of-Work may be picked-up, upon receipt of a deposit from the CUC Treasury Section, by cash, check, in the amount of $ 100.00 (nonrefundable) for one set; at the CUC, Procurement & Supply Office, 3rd Floor, Room 4, Joeten Dandan Commercial Building, Dandan, Saipan, between 7:30 AM to 11:30 AM and 12:30 PM to 4:00 PM, Monday through Friday, except on government observed holidays.

A Pre-Bid Conference followed by a Site Visit will be held on **March 28, 2011 at 9:00 AM (ChST)** at the CUC Main Conference Room, 3rd Floor, Room No.10, Joeten Dandan Commercial Building.

One (1) original and Seven (7) copies must be submitted in a sealed envelope marked "CUC-IFB-11-027, **Rehabilitation of Sewer Lift Station Nos. S-2 & S-8"** to the CUC Procurement & Supply Office, 3rd Floor, Room No. 4, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than **10:00 AM (ChST) on April 14, 2011**, at which time they will be publicly opened and read aloud. Bids mailed via postal or courier service must be received on or before due date and time or post-marked before due date and time. Late submissions and conditional bids will not be considered. Bid shall be submitted on the provided Bid Forms. Bidders are required to complete all Bid Forms. Bidders may supplement this form as appropriate. Bids will be required to be submitted under a condition of irrevocability for a period of 30 days after submission.

All bidders are advised that CUC assumes no responsibility in any act of omission on the part of the bidders due to lack of information or understanding of the bid requirements in the course of Contractor's preparation of a bid under the contract.

A Bid Guarantee of 15 percent of the total bid price must accompany the bids. The security deposit may be in cash, certified check, cashier's check, or bid bond executed by a surety company holding a certificate of authority from the United States Secretary of Treasury as an acceptable surety or other surety acceptable to the Attorney General. A Performance Bond of *one hundred (100%) percent* of the total proposal price will be required upon the execution of the contract by the successful bidders. Surety company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC. A Payment Bond of *one hundred (100%) percent* of the total proposal price will be required upon the execution of the contract by the successful bidders. Surety Company must be authorized to do business in the Commonwealth of the Northern Mariana Islands or otherwise secured in a manner satisfactory to CUC, for the protection of all persons supplying labor and material to the contractor or its subcontractors for the performance of the work provided for in the contract.

All insurers questions, concerns and qualification should be handled by the Department of Commerce Office of the Insurance Commissioner (OIC). The OIC is tasked with regulating and monitoring compliance to the CNMI's Insurance Code (Title 4, Division 7). Bidders are required to submit a clearance from the OIC certifying their insurer of choice is in compliance with the CNMI's Insurance Code. Please refer to other bidding requirements described in Document 00200 - Instructions to Bidders.

Bidders are required to comply with all CNMI and applicable Federal Laws. This bid and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations.

All questions or request for clarification regarding this project must be submitted in writing no later than **10:00 AM (ChST) on April 7, 2011** to Mr. Manny B. Sablan, Jr., CUC Purchasing Officer, via email - msablan@cucgov.net with a copy to Commander, Robert Lorenz, Water/Wastewater Engineer via email robert_lorenz@cucgov.net and Ms. Janina Mika Muna, Procurement & Supply, Administrative Support Assistant - mika_muna@cucgov.net.

CUC reserves the right to reject any or all bids and waive any imperfection in the bid proposal in the best interest of the government. All bids shall become the property of CUC.

ABE UTU MALAE
Executive Director

Commonwealth Utilities Corporation
Office of the Executive Director

INVITATION FOR BID
CUC-IFB-11-018 (RE-BID)

Inspection and Integrity Testing of Above Ground Oil Storage Tank (AST) and Connected Pipeline – CUC Rota, CNMI – Revision # 1

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting revised competitive sealed bids from qualified and experienced engineering and certified specialist firms for the Inspection and Integrity Testing of the Above Ground Oil Storage Tank (AST) and connected pipeline within the secondary containment, as included in this solicitation.

The Commonwealth of the Northern Mariana Islands (CNMI) Commonwealth Utilities Corporation (CUC) and the United States District Court entered into a Stipulated Order Number Two (SO No. 2) for Preliminary Injunctive Relief under Civil Case No. CV 08-0051 (Section 1.1). The United States Environmental Protection Agency (EPA) filed the civil action seeking injunctive relief under the Clean Water Act (CWA), and the Safe Drinking Water Act (SDWA). This work shall satisfy the requirement in Section IV, Oil Spill Prevention and Preparedness, Paragraphs # 28 Tank System Integrity Testing Workplan and Implementation for CUC Power plants 1 and 2 and # 41 Rota Power Plant Integrity Inspection Program.

The Power Plant in Rota is located in Song Song Village near the Rota Seaport, in the Commonwealth of the Northern Mariana Islands (CNMI).

The Scope-of-Work will be e-mailed upon request, to all interested bidders, by the CUC, Procurement & Supply Office, during regular working hours (7:30 a.m. to 4:30 p.m.), Monday thru Friday, except government observed holidays, **until March 28, 2011.**

One (1) original and Seven (7) copies must be submitted in a sealed envelope marked "CUC-IFB-11-018 (RE-BID),Inspection and Integrity Testing of the Above Ground Oil Storage Tank (AST) and connected pipeline, CUC Rota, Revision No.1" the CUC Procurement & Supply Office, Room No.4, 3rd Floor Joeten Dandan Commercial Building, P.O.Box 501220, Dandan, Saipan MP 96950, no later than **April 7, 2011 at 10:00 AM, (ChST) local time**. A copy of the entire submission is also required to be sent by email to Manuel B. Sablan, Jr. Purchasing Officer via email msablan@cucgov.net and Janina Muna, Procurement &Supply Administrative Assistant via email mika_muna@cucgov.net or alternately include a CD with each copy of the submission. Late submissions will not be considered.

All inquiries must be submitted in writing no later than 10:00 AM (ChST) local time on **April 1, 2011** to Mr. Manuel B. Sablan, Jr. Purchasing Officer via email msablan@cucgov.net; Ms. Janina Muna, Procurement & Supply Administrative Assistant via email mika_muna@cucgov.net; and Mr. Venugopal Prabhakara, Managing Engineer, Power generation, via email venu@cucgov.net. CUC will respond to any questions and clarifications only to prospective bidders who have registered with the CUC Procurement & Supply Division for the solicitation.

Selection procedure shall be in full compliance with CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federal Laws. CUC reserves the right to reject any or all proposals and waive any imperfection in the Invitation for Bid in the best interest of the government. All proposals shall become the property of CUC.

ABE UTU MALAE
Executive Director
Commonwealth Utilities Corporation

USDA expands access to fresh fruits, veggies for schools

WASHINGTON, D.C.—Agriculture Secretary Tom Vilsack announced Friday that, as authorized by the Food, Conservation and Energy Act of 2008, USDA will expand assistance to state agencies for schools operating USDA's Fresh Fruit and Vegetable Program in the 2011/2012 school year.

Among the territories, Puerto Rico will get $922,269 of the funding, while Guam will get $44,771 and the U.S. Virgin Islands, $27,167.

The investment is part of the Obama administration's efforts to improve the health of our children by providing access to nutritious meals in schools and also serves as a valuable resource to schools that continue working to improve the health and nutrition of the foods they serve. The assistance will provide free fresh fruit and vegetables to children throughout the school day.

"Improving the health and nutrition of our kids is a national imperative and by providing schools with fresh fruits and vegetables that expand their healthy options, we are helping our kids to have a brighter, healthier future," said Vilsack. "Every time our kids eat a piece of fruit or a vegetable, they are learning healthy eating habits that can last a lifetime."

The Fresh Fruit and Vegetable Program, authorized and funded under Section 19 of the Richard B. Russell National School Lunch Act and expanded in recent years as a result of the 2008 Farm Bill, operates in selected low-income elementary schools in the 50 States, the District of Columbia, Guam, Puerto Rico, and the Virgin Islands. This year, USDA plans to provide $158 million in assistance to state agencies. States then select schools to participate based on criteria in the law, including the requirement that each student receives between $50 and $75 worth of fresh produce over the school year.

"The program is highly successful in introducing schoolchildren to a variety of produce they otherwise might not have the opportunity to try," said Kevin Concannon, USDA undersecretary for Food, Nutrition and Consumer Services. "I am pleasantly surprised when children tell me it was their first time trying a particular fruit or vegetable. Fortunately children are learning fruits and vegetables are healthy choices and tasty alternatives to snacks high in fat, sugar, or salt."

In January, USDA published a proposed rule to update the nutrition standards for meals served through the National School Lunch and School Breakfast programs as part of the Healthy, Hunger-Free Kids Act of 2010, signed into law by President Barack Obama. The proposed rule, based on the latest science, will make the first major improvement to the nutritional quality of school meals in 15 years, and is an important component of First Lady Michelle Obama's Let's Move! initiative to solve the challenge of childhood obesity within a generation. The standards will significantly increase fruit and vegetables provided at lunch and for the first time, both fruits and vegetables will be served daily.

Depending on enrollment and the allotment spent on each child, USDA estimates the expanded assistance could help schools serve additional 600,000 to 950,000 students in school year 2011-2012. Visit www.fns.usda.gov for information about FNS and nutrition assistance programs. ***(USDA)***

FOOTBALL CLUB CONTRIBUTED PHOTO

Members of Shirley's Football Club join the 2011 Kick Butts Day Parade held Thursday March 24, 2011. The parade ended at the Hopwood Junior High School.

Flashback

A LOOK BACK AT PAST YEARS' HEADLINES

Mar. 28, 2000

NMC gears up for info-tech courses

In line with government's plans to establish a software production industry on the islands, the Northern Marianas College is laying the ground work for a technology-based program that will address the Commonwealth's impending need for skilled local manpower. NMC acting President Jack Sablan disclosed that discussions are already underway for the proposed institution of an Information Technology course at the College. Mr. Sablan pointed out that Northern Marianas is currently faced with an acute shortage of technically skilled and trained local workers due to the absence of sufficient educational programs focused at computer technology.

DLNR launches Sabalu Farmers Market

The Department of Lands and Natural Resources and the Division of Agriculture, in collaboration, with the Kagman Commercial Farmers, are sponsoring a weekly "Sabalu Farmers Market". Sabalu means Saturday in the local language, which was chosen to properly reflect the day the market is held. Only locally grown vegetables will be held at the Sabalu Market which will be held on April 15, 2000, and every Saturday thereafter at the 4-H Building in Susupe across from Marianas High School from 6:00 a.m. to 11:00 a.m. The market is aimed at stimulating economic development and boosting the farming. DLNR and DOA officials, along with some assistance from the Northern Marianas College CREES, hope to reduce the need for imported agricultural products by increasing the demand for local vegetables.

Mar. 28, 2001

DPH to ask off-island patients to secure MRO authorization

Unless armed with treatment authorization from the Medical Referral Office, patients seeking off-island treatment will be obliged to pay upfront to get medical services from Hawaii-based hospitals. Without the treatment authorization to present before Queen's Medical Center, Straub Health and Clinic and St. Francis Clinic, CNMI patients seeking medical services will be charged as self-paid. Health Secretary Kevin Villagomez yesterday disclosed the required treatment authorization was one of the agreement reached with the Hawaii hospitals to prevent undue medical charges billed to the Medical Referral Office.

DPH seeks more funding for clinic expansion work

Contractor and financial problems continue to block prompt completion of the proposed expansion of the Rota Health Center, jeopardizing efforts by the Department of the Public Health to upgrade its facilities and health services. To resolve the problem, Health Secretary Kevin Villagomez disclosed plans to meet with Rota legislative leaders and local heads to identify possible sources of funds. Last week, key officials of the public health led by Mr. Villagomez made a quarter visit at the Rota clinic to assess staffing and management operations.

Mar. 28, 2002

Sablan surrenders NMC presidency

In a move that surprised the entire college community, Northern Marianas College president Joaquin M. Sablan Jr. announced Tuesday his decision to retire from government service effective March 29, 2002. The 40-year-old college official steps down from his leadership position on cue with the expiration of his employment contract. NMC director Tony V. Deleon Guerrero, a close friend of the president, admitted he was taken aback by Sablan's announcement. Though some recalled the president jokingly tell the NMC community Saturday that he had no intention of delivering the State of the College address in NMC's 50th anniversary celebration, they never thought that Sablan had immediate plans to relinquish his post.

NMC-SBDC offers career enhancement courses

It's anchors away at the Northern Marianas College-Small Business Development Center where 14 students are in the process of enhancing their career options through a unique four-week intensive boat captain-licensing course. According to Capt. Thomas Joseph Tuppein, president of Hawaii Trans-Pac Marine, the primary objective of the course is to help the students obtain their boat captain license. Tuppein explained that Saipan resident Jason Shankweiler, a fellow boat captain employed by Saipan Crew Boats, has organized the licensing course and other professional marine career courses for the past few years.

MARIANAS VISITORS AUTHORITY

MEETING NOTICE

Pursuant to Public Law 8-41, Section 11, the Marianas Visitors Authority, hereby gives notice that a Regular Board Meeting will be held on Thursday, March 31, 2011 at 9:30 a.m. at the MVA Conference Room, San Jose Professional Building Saipan, MP 96950

MEETING AGENDA

I. Preliminary Matters
1. Call to Order
2. Roll Call
3. Adoption of Agenda
4. Adoption of Minutes – January 20, 2011

II. Public Comments

III. Committee Reports
1. Finance
   a. March 9, 2011 – Report
2. Personnel
3. Policy

IV. Old Business

V. New Business
1. Printing of FY 2010 Annual Report
2. Russia Market Projects

VI. Executive Session

VII. Adjournment

/s/ Marian Aldan-Pierce
Acting Chair, MVA Board of Directors

Northern Mariana Islands RETIREMENT FUND

PUBLIC NOTICE

Pursuant to 1 CMC, Division 9, §9910, Governor Benigno R. Fitial and Lt. Governor Eloy S. Inos, through the NMI Retirement Fund Board of Trustees/Workers' Compensation Commission/Group Health & Life Insurance Trust Fund, are hereby giving notice that the Board of Trustees will hold its ***Special*** meeting **Tuesday, March 29, 2011 at 12:00 p.m. at the NMI Retirement Fund Conference Room, Saipan.**

AGENDA

I. PRELIMINARY MATTERS
A. Call to Order
B. Roll Call
C. Adoption of Agenda
II. PUBLIC COMMENTS
III. OLD BUSINESS
A. RFP No. 11-001 & RFP No. 11-002
IV. NEW BUSINESS
V. EXECUTIVE SESSION
VI. MISCELLANEOUS
A. Announcements
B. Next Meeting
C. Adjournment

/s/ SIXTO K. IGISOMAR
CHAIRMAN, BOARD OF TRUSTEES

Perez re-appointed to CPUC; Sakisat to CPA

Gov. Benigno R. Fitial has re-appointed Ignacio Perez to serve on the Commonwealth Public Utilities Commission and Fermin Sakisat to the Commonwealth Ports Authority board.

Sakisat, if confirmed by the Senate, will serve another four-year term as representative for Saipan until Feb. 13, 2015.

"The lieutenant governor and I are confident that Mr. Sakisat is qualified and will continue to be an asset on this important board," the governor told Senate President Paul Manglona in a letter seeking Senate confirmation.

Sakisat has been with the CPA board since 2009. He is a former chairman of the board's personnel committee for two terms.

Meantime, Perez was appointed to the CPUC board to serve the remaining term of Kimberly King-Hinds, which will expire on Feb. 6, 2012. He will represent Tinian in the commission. Perez is the former airport manager on Tinian.

"Mr. Perez is highly qualified to fulfill the vital responsibilities of this commission," said the governor. ***(Moneth G. Deposa)***

SSHS' Tudela named Nobel Educator of Distinction

By MONETH G. DEPOSA
moneth_deposa@saipantribune.com
REPORTER

Jesse Tudela of Saipan Southern High School was selected as a Claes Nobel Educator of Distinction by the National Society of High School Scholars for his outstanding dedication and commitment to excellence in the classroom.

Tudela

The Claes Nobel Educator of Distinction award recognizes teacher role models who have made a lasting difference in their classrooms by encouraging students to strive for excellence.

According to society president James Lewis, dedicated educators who exhibit a commitment to excellence like Tudela deserve the society's highest praise and appreciation. He encourages members to nominate teachers who have contributed to their academic success.

Tudela is a classroom teacher at the Public School System prior to his appointment as principal of Saipan Southern High School last school year.

"I am honored and grateful for the recognition. I am truly thankful and blessed to have inspired and made a difference in many of the students at Saipan Southern High School. As an educator, you just want the best for all students including those you never taught. I just wanted to pass on my knowledge the best way that I know how and make a difference," he told *Saipan Tribune.*

Tudela, who was nominated by student Su Jin Jeon, admitted that he was surprised by the honor and shared the recognition with all CNMI educators who do the same for their students.

"I was surprise with the recognition and I thank Su Jin Jeon for the nomination. I wish Su Jin the best of luck in her future endeavor. I will be rooting for her just as I am rooting for all students in the CNMI for success in life. I truly believe that success begins with an education. And my success is because I was taught by great teachers in the CNMI so I share this recognition with all CNMI teachers because they gave me the knowledge. To all CNMI educators, continue to keep up the good work and remember that you are making a difference," he said.

Formed in 2002, the National Society of High School Scholars recognizes academic excellence at high school level and encourages members of the organization to apply their unique talents, vision, and potential for the betterment of themselves and the world.

Amateur radio licensing exam on Thursday

The next VE session offered by W5YI-VE sponsored by MDX Amateur Radio Club will be on Thursday, March 31, 2011, from 6pm to 8pm.

It will be held at the training room of the American Red Cross NMI Chapter on Airport Road, Saipan. For more information, contact Bong Malasarte (WH0X) at 287-5525 or e-mail at mdx@mdx-radio.net.

Walk-ins will be accepted, although pre-registration is encouraged.Those in the technician class who want to upgrade their license must bring the original and one photocopy of their FCC license and any applicable CSCEs.

A valid ID will also be required If you do not have a photo ID, bring two ID forms, at least one of which shows your current mailing address. The 2010 exam fee is $14 for all elements.

The exam session will be administered by the MDX Amateur Radio Club volunteer examiner under the W5YI Volunteer Coordinator.

VE's wanting to assist in the exams should bring their VE ID's. Only VE's with valid IDs will be allowed inside the examination session. ***(PR)***

COVENANT MEETING

▲ Lt. Gov. Eloy Inos, left, and Public Works Secretary Oscar Babauta, right, join other officers and members of the Covenant Party at a party meeting and celebration of Covenant Day Thursday last week at the Minatchom Atdao pavilion in Susupe.

HAIDEE V. EUGENIO

CONGRATULATIONS!

Congratulation to Luna Zena Litulumar for finally obtaining her master's degree in education! Job well done! Greetings come from friends, family, baby girl and baby boy.

CONTRIBUTED PHOTO

NOTICE OF PROPOSED LAND EXCHANGE

In accordance with Public Law 5-33, Section 4(b) (3) the Public Purpose Land Exchange Authorization Act, the Department of Public Lands hereby gives notice of its intent to enter into an exchange agreement to certain public lands in Saipan, Commonwealth of the Northern Mariana Islands. Any interested parties of the general public may submit comments, data, views, or arguments of alternative proposals for the exchange of the public land. As further provided by Public Law 5-33, the following pertinent information is required to be published.

i. The purposed of the land exchange is to acquire a private properties that were landlocked. The private properties are described as Lot No. 1515-1, and Lot 1515-2 containing an area of 14,321 square meters, collectively situated in As Falipe, Saipan.

ii. The public lands to be exchange are described as Lot No. 081 A 01R/W, containing an area of 413 square meters, Lot No. 056 A 16R/W, containing an area of 338 square meters, and Lot No. 056 A 21R/W, containing an area of 1,247 square meters, Lot No. 056 A 23 containing an area of 11,918 square meters and Lot No. 056 A 30 containing an area of 370 square meters, more or less, located in Marpi and As Matuis, Saipan.

iii. The private properties are owned by Mr. Robert and Frances DLG. Naraja a resident of Saipan.

iv. A copy of the proposed land exchange agreement may be obtained at the office of the Department of Public Lands, located on the 2nd floor of the Joeten Dandan Commercial Building in Dandan, Saipan.

v. The Secretary of the Department of Public Lands shall accept written comments, views arguments or alternative proposals from interested parties on or before April 1, 2011 at the Department of Public Lands offices located in Saipan, Rota or Tinian.

NOTISIA POT MAPROPONEN MA´ATULAIKAN TANO´ PUBLIKU

Sigun i Lai Publiku 5-33 nima amenda Seksiona 4 (b)(3), i Public Purpose Land Exchange Act, i Depattamenton i Tano' Publiku ma nana´i Notisia i intension-ña para e ma´atulaikan pumalu na tano´ publiku siha gi halom Saipan, Commonwealth gi Sangkattan Na Islas Marianas siha. Todu manintiresåo na petsona siha, siña munna´hålom infotmasion, opiñon, pat testamonion kinentra gi tinahguen i propositu siha para i uma´atulaikan i tano´ publiku. Komu mås mapribeniyi ginen Lai Publiku 5-33, pettanesin infotmasion ni dinimånda na para u mapuplika.

i. I maproponen i ma´atulaikan i tano´ para uma´chule i tano´ private sa landlocked. i diskripsion I tineteka na tano´ komo Lot No.1515-1, kuatro mit ocho sento kuatro, potlumenus mas (4,804 square meters), yan Lot No. 1515-2 nuebi mit kinientos disisenti aria, potumenus mas (9,517 square meters), gaige giya As Falipe Saipan.

ii. I diskripsion i tano´ publiku Lot No 081 A 01R/W, kinensisite i aria (413 square meters), Lot No. 056 A 16R/W, kinensisite i aria (338 square meters), Lot No. 056 A 21R/W kinensisite i aria (1,247 square meters), Lot No. 056 A 23, kinensisite I aria (11,918 square meters) yan Lot No. 056 A 30 kinensisite I aria (370 square meters), potlumenus må, gaige giya Marpi yan As Matuis, Saipan.

iii. I dwennon i tano´ si Mr. Robert yan Frances DLG Naraja residenten Saipan.

iv. I kopian a maproponen i ma´atulaikan tano siha siña u machule´ gi ofisinan Dipattamenton Tano´ Publiku, gaige gi sigundo bibienda gi as Joeten Dandan Commercial Building giya Dandan, Saipan.

v. I Secretarian i Depattamenton Tano´ Publiku para hu aksepta I tinigi´i opiñon, pat testamonion kinentra gi tinahguen i mapropone na ma´atulakan tano´ publiku antes osino gi dia April 1, 2011 gi Depattamenton Tano´.

ARONGORONG REEL POMWOL SIIWELIL FALÚWEER TOULAP

Sángi Alléghúl Toulap 5-33 Section 4 (b)(3), Bwulasiyool Ammwolil Falúweer Toulap ekke atotoowow ammataf igha ebwe siiwel eghús falúw mellól Seipél, Commonwealth Téél Falúwasch Marianas. Schóóka eyoor máfiyeer rebwe isisilong aghighiir, aweewe, aingiingi reel pomwol siiwel yeel. Alléghú Toulap ye 5-3 Section 4 (b)(3) e ayoora, lamal aweewe kka rebwe mweiti ngáli milikka ebwe akkatéélló.

i. Pomwol siiwelil falúweer toulap nge ekke bwáári Lot No. 1515-1 (4,804 square meters), Lot No. 1515-2 (9,517 square meters), elapeló me ngáre eghús, elo As Falipe, Seipél. Tilighial buley yeel nge, eyoor mereel Bwulasiyool Falúweer Toulap ngáre óubwe ghuley fischey.

ii. Falúweer toulap yeel nge Lot No. 081 A 01R/W (413 square meters), 056 A 16R/W (338 square meters), 056 A 21R/W (1,247 square meters), 056 A 23 (11,918 square meters), me Lot No. 056 A 30 (11,918 square meters), falúw ye, KKal nge elo Marpi me As Matuis, Seipél.

iii. Mr. Robert me Frances DLG. Naraja soll Saipan, yaar falúw kaa ebwe siiwel ngale falúweer toulap.

iv. Tilighial siiwel yeel nge emmwel óubwe bwughi mereel Bwulasiyool Ammwelil Falúweer Toulap, elo aruwowal (2nd floor) me Joeten Dandan Commercial Building loll Tuturam, Seipel.

v. Alongal mángemáng me ngáre aiyegh nge ebne atotoolong llól atoll April 1, 2011, sángi rál e earougowow mellow News.

Opinion

Hafa Adai!
Saipan Tribune
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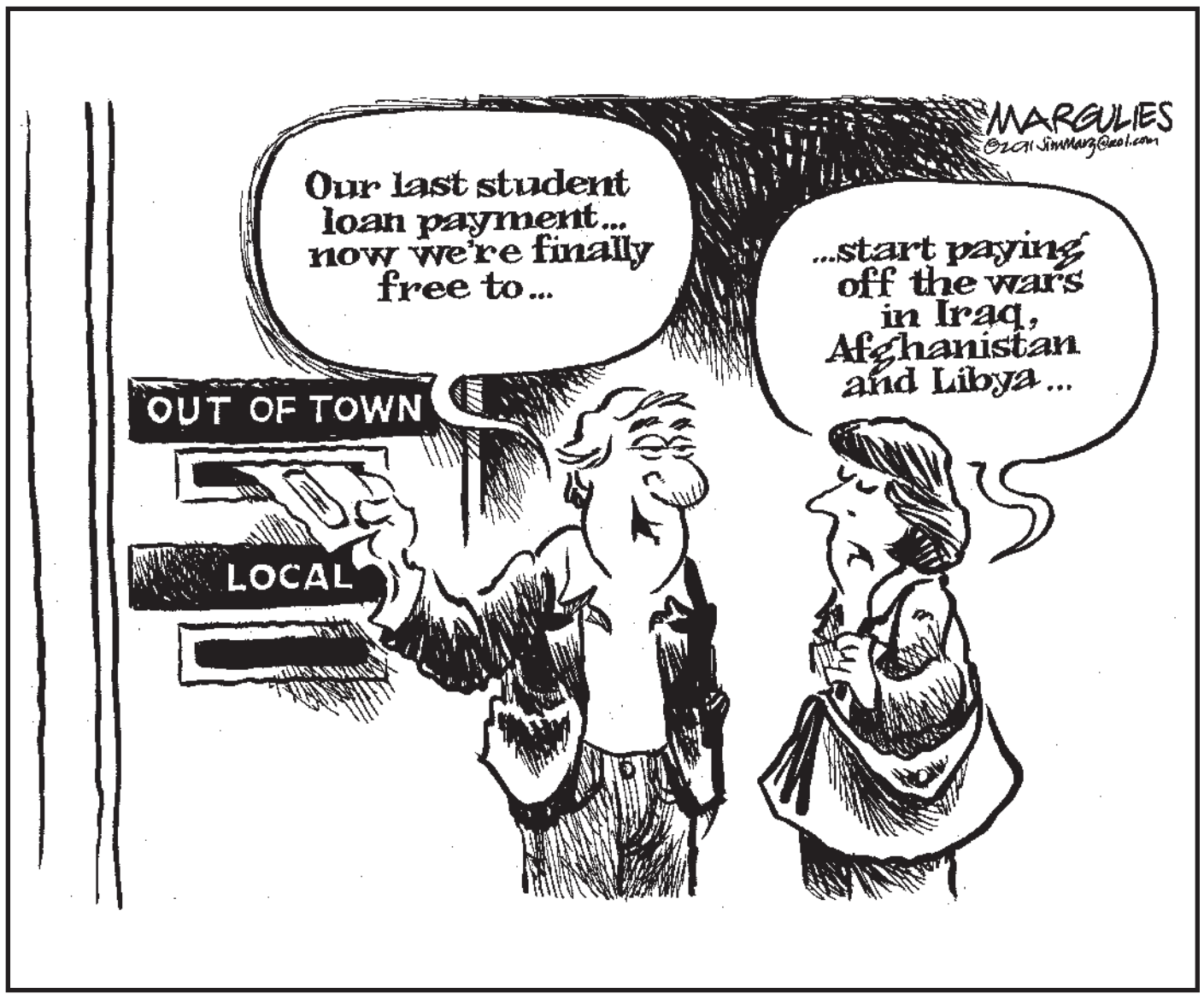

Our last student loan payment... now we're finally free to...
...start paying off the wars in Iraq, Afghanistan and Libya...
OUT OF TOWN
LOCAL
MARGULIES

In search of our lost identity

By ANTHONY PELLEGRINO
Special to the Saipan Tribune

Pellegrino is a longtime businessman in the CNMI and is the former president of the Saipan Chamber of Commerce.

Let us recall Nov. 2, 1986, when all the indigenous people went to bed that night, they woke up the next morning as United States citizens. All persons born in the Commonwealth, no matter what the citizenship of the parents, automatically became U.S. citizens. There were no tests, no pledges of allegiance to the U.S. flag, no studying or understanding of the American philosophy. Just like that, everybody woke up as citizens. Is it any wonder that some of us feel little loyalty to the U.S.? It was too easy. To this day we seem to not have learned who our new parent is. It is time to examine to whom we owe allegiance before we do something stupid and desperate.

"What we obtain too cheap, we esteem too lightly; it is dearness that gives everything its value!" So wrote Thomas Paine in 1773.

We hold a U.S. passport and enjoy all the benefits and protection that it bestows on us no matter where we travel. Yearly we receive hundreds of millions of dollars from the U.S. In fact, it is reported that since 1978, we have received over $1.5 billion to improve our islands. Sometimes I wonder where it went and how that much money has been spent?

How do we feel about our citizenship and relationship with the U.S.? At this crucial time we are being pressured by federalization, forced to increase our minimum wages and repatriate our nonresident workers. Many of us are confused. Some of us are screaming: "This is our land."

Unless we begin to know and appreciate to whom our loyalty belongs and act in accordance, we may commit irrational acts that will cause serious debilitating problems in our society and in our relationship with our benefactor and protector. A negative attitude chips away at the very fiber and core of democracy. To prevent our beloved CNMI and its citizens from making foolish and uneducated decisions, it is wise we reread the documents that brought us to our present status.

Let's read the following books and documents to refresh our memories. Then let's discuss the ideas found therein. This approach will help us to better understand what our relationship should be with the United States.

A. The Constitution of the Commonwealth of the Northern Marianas Islands.

B. The Covenant of the Commonwealth of the Northern Marianas Islands in Political Union of the United States of America.

C. *The History of the Northern Marianas Islands*, written by Don A. Farrell.

D. *Self-Government and Citizenship in the Commonwealth of the Northern Marianas Island, USA*, written by Samuel F. McPhetres.

E. The Constitution of the United States.

F. The Bill of Rights.

G. Any good history book of the United States.

Let's read the Preamble of the Constitution of the Commonwealth of the Northern Marianas, which boldly states: *"We, the people of the Northern Mariana Islands, grateful to Almighty God for our freedom, ordain and establish this Constitution as the embodiment of our traditions and hopes for our Commonwealth in political union with the United States of America."*

This was our pledge made 33 years ago!

The Constitution went into effect on Jan. 9, 1978, making us a full-pledged member of the United States. This CNMI Constitution is a wise and well thought out document in that it clearly defines our personal rights and the structure of our governing bodies. Though it has been altered somewhat in its short 33 years, it shows that we have accepted human rights and the political philosophy of the United States as found in the U.S. Constitution and in the Bill of Rights.

The Covenant to Establish a Commonwealth also demands thorough understanding as it is a clear beacon of our present and future relationship with the country we opted to adopt and emulate. It is expected that as we, the CNMI, mature we must seek remedies to problems that currently are causing difference. However as in all discussions clear and sound thinking must prevail, not hotheaded arrogant confrontation.

> "What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value...and it would be strange indeed if so celestial an article as freedom should not be highly rated."
>
> —Thomas Pain

It is a sad commentary on us that we still allow a few malcontents who are basically holdovers from the TT days who are trying to dictate our relationship. Instead of growing up and understanding that changes are inevitable, these few are still ranting and raving that we have been cheated and taken advantage of. If you notice, there are no young people involved. It is the old misanthropes who have been walking around with their heads buried in the sand. And guess what is sticking out?

Life has changed and so must we. How easy it is to forget our past when our bellies are full at someone else's expense! We must have the will and wisdom to make decisions; for only then can we be truly free. Frankly speaking, not only is the future of the CNMI at stake, but the future of our children may be in jeopardy.

In reviewing the above-mentioned documents, discuss them and the ideas with your children. It is our parental duty and responsibility to make sure our children understand to whom they are pledging allegiance the next time they salute the flag and sing the American national anthem.

Let us ask ourselves what have we done to merit all that we think we merit? Recall that we lived as conquered people for many years. Suddenly we became free and seem to not know what to do with it. What have we done to earn all that we are receiving? What are we giving back? Reciprocity is a two way street: we give, they give; we receive, they receive! Yes, we must do some serious soul searching.

History lessons are often incredibly simple and blunt, yet for all our powers of reason we often miss the most basic and uncomplicated of points: We remain silent in times of distress and turmoil. This is the worst thing any of us can do. While it is true that the vast majority of us do not desire any disruption in our relationship with the United States, we remain silent. Why?

If a poll were taken today concerning changing our status with the U.S., I truly believe less than 1 percent would vote in favor of doing so. Yet by remaining silent, we let the so few blare forth as a cracked loudspeaker echoing their opinions as though they are ours. Why do we, the majority, just sit back and let it happen? If we do not muster our courage to come forth and tell them to stop rabble rousing, they will make their plans happen. Then it will be too late.

History has shown us that when the majority of citizens remain silent, the few fanatics will threaten our way of life. Read the history of the following people: Peace-loving Germans, Japanese, Chinese, Russians, Rwandans, Serbs, Afghans, Nigerians, Algerians, and many others who lost their lives and country because the peaceful majority did not speak up until too late.

The hard, quantifiable fact is that the peaceful majority, "the silent majority," is cowed and extraneous. Don't let this happen to us in the CNMI. Let Thomas Pain's words ring out clearly from his essay *The American Crisis* written over 200 years ago:

"What we obtain too cheap, we esteem too lightly; it is dearness only that gives everything its value…and it would be strange indeed if so celestial an article as freedom should not be highly rated."

History has proven over and over again that more nations are destroyed by internal dissention than by external forces. Are we going to let a few malcontents and profiteers destroy our great CNMI for which we struggled so hard to achieve? Decide once and for all: Are we citizens of the CNMI or citizens of the United States? Have a great day!

EDITORIAL POLICY The *Saipan Tribune* welcomes comments on any article, column, editorial, or topic that may be of interest to the public. Letters to the editor must include the name, address, and contact number of the contributor. Letters that are critical in nature should focus on issues, not personalities. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

Japan's 3.11 and the miracle march in March

By JAIME VERGARA
Special to the Saipan Tribune

Vergara is a regular contributor to the Saipan Tribune*'s Opinion Section.*

An SF colleague forwarded a forward from a Dr. MP Soriaga titled *Japan in a Time of Crisis* in response to our musing on Zen calmness that managed to find its way around cyberspace. Given our usual verbosity that masquerade for elegance, the terse and succinct prose is admirable.

1. THE CALM. Not a single visual of chest-beating or wild grief. Sorrow itself has been elevated.

2. THE DIGNITY. Disciplined queues for water and groceries. Not a rough word or a crude gesture.

3. THE ABILITY. The incredible architects, for instance. Buildings swayed but didn't fall.

4. THE GRACE. People bought only what they needed for the present, so everybody could get something.

5. THE ORDER. No looting in shops. No honking and no overtaking on the roads. Just understanding.

6. THE SACRIFICE. Fifty workers stayed back to pump seawater in the N-reactors. How will they ever be repaid?

7. THE TENDERNESS. Restaurants cut prices. An unguarded ATM is left alone. The strong cared for the weak.

8. THE TRAINING. The old and the children, everyone knew exactly what to do. And they did just that.

9. THE MEDIA. They showed magnificent restraint in the bulletins. No silly reporters. Only calm reportage.

10.THE CONSCIENCE

When the power went off in a store, people put things back on the shelves and left quietly.

We passed the observation to our own network with our deep *domo arigato*, noting that while we can be generous to share of our means for relief, we might be humble enough to learn from the recipients of our goodwill as well. The response was doubly overwhelming. More so, as noted by a former long-term Philippine resident *haole* that being a *Pinoy* in a country where the Japanese remain in our hearts the unforgiven, I seem to be overly gracious to the folks from the land of the rising sun. Personally, it is true that it was an imperial officer who alerted my dad of his being in the *Kempeitai* (Nippon's dreaded Gestapo) arrest list, so he had advance warning to scurry away into secured obscurity while I was in mom's belly, ensuring the incidence and safety of my birth.

Our personal feelings for the Japanese notwithstanding, the widespread testimony of many foreigners inside Japan caught in the country in one form or another during the tremors and the tsunami, not to mention the heightened anxiety from the nuclear radiation, universally attest and assent to this remarkable display of human civility and social compassion among the populace.

Our attention on Saipan has been diverted to the March madness in the United States as the NCAA basketball Final Four marches to the Reliant Stadium in Houston beginning the Ides of March on to the first week of April. This, while our solons once more sneak legislation to legalize gambling on Saipan. Haven't we learned enough with Casino Jack? Oh, sorry, we still have the same players in place!

Japan this March is going be on more than just a journey of recovery. It has the opportunity to show what China already officially acknowledged (though it remains to be seen what it will do about it), and the U.S. stubbornly refuses to embrace, though a considerable segment of its population already recognizes: that there is more to economic growth than just the increase in Gross Domestic Product. The future of nuclear energy hangs in the balance, and if we are to continue utilizing it, Japan's vaunted technology will have to serve not primarily commercializing the effort as it is to provide clean energy for human welfare. The issue of environmental sustainability and universal health care is no longer subservient to the defense's concern with illusory security and confidence in military might in the same way as our financial services have been equating human wellbeing, as David Korten has been harping on in the last three decades, with the numerical measures of phantom wealth.

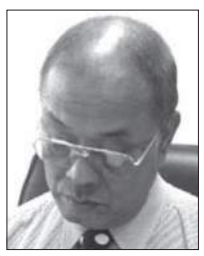
A Florida teacher on TDY here in Shenyang to prepare Chinese students' English for aviation training in Florida commented that, if the Virginia Commonwealth that barely made the NCAA list of 68 makes it to the Elite Eight, and Butler, last year's Cinderella, is back in the Final Four, this year's journey borders on the miraculous.

The Miracle in Japan has been a matter of course. There is hope for the human race. Possibilities abound in the CNMI beyond waiting for trickle down drippings from defense contracts from the expected military buildup. In fact, this "waiting for Godot" could very well be our major contradiction.

Attracting outside investors is not the key, particularly if it goes to financial investment that turns around and exits the Commonwealth as quickly as it enters. Productivity from our natural resource, the land and the sea, and more importantly, from our human resource, is the key to our miracle, but it only begs the question Pellegrino and del Rosario have been raising: Do we have the will to fix our wedge thongs one rubber slipper at a time?

It is the Lent season in this so-called Christian island. The lesson is clear: there is no empty tomb without the agony of the cross. Japan is living it without the symbols. May we do likewise.

Likidu na gineftau yan gineflie'



By JOHN S. DELROSARIO JR.
Special to the Saipan Tribune

DelRosario is a regular contributor to the Saipan Tribune*'s Opinion Section.*

Apmam na tiempu ha mattitgue' para minauleg tautau iya Tinian. Parehu yan i humidde yan dichosa na asaguaña as Nan Liañg, mapetsige i mauleg na intension yan planon niha kumu ayudu 'sino geftau na linagnos ginen i korason niha para i tautau niha.

Ha tutuhon siha i dos amku gi bisnis dikiki na tenda dispues mana' guaha resturan (restaurant) yan fina' motel. Diariamente uma-ayuda i dos gi operasion bisnis familia. Man-makreansa famaguon niha antau na modun linala' kontodu espirituat. Man-apipet mona gi todu pinetsigen yan kinalamten familia.

Antes ha' de u diñgu hit i defuntu as Tun Alfred, ha agañg i famaguoña para i tatten guma ya ha adiñganne. Ha planta huyoñg potput leblon dibin tautau siha gi tendan niha. Kabales na infotmasion gaige deste naan i fumiha i fektos, fecha, tendera yan tutat.

Guaha $400,000 pot todu na kuenta. Ilegña i defuntu, "Este na dibi este ha' chiña. Taya gi entre hamyu u fañgobla". Ha soñgge i leblu siha gi menan famaguonña. Dispues man-apipet gi tinituhon nuebu na tendan familia.

Ha chogue i defuntu ayu layeye pot ha sen komprende na megai gi manman-dididi man-mamadedese didog na chinatsaga pagu na tiempu. Huñgan ilelegña i amku' hafa mataña para u kobla i megai na man-na'mase' ni man-e'ensinahyau para u ke soda diariu nesessidat familia deste neñkanu yan otru siha presisu na nesessidat familia. Dispues de este, ma-agañg i amku para i taihinekog na deskansoña.

Sumen sustansiau i ayudu ni manae' tautau niha giya Tinian. Dispues de yinamag i Gima Yuus San Jose ni un' fotte na pagyu, managu' si Nan Liañg para u mafatinase planun nuebu na Gima Yuus yan kuanto baliña.

Dispues de monhayan ayu na planu, ha presenta guatu gi Diosesan Tinian yan kinimite na debi u mahatsa. Masañgane si Nan Liañg nu i katkulon ayu na planu. Ayu ha' ilegña i para u espihaye salape ya u bibiragüe' tatte. 'Nos kuantos semana dispues, ha biragüe' yan $350,000 ya hanae i Diosesan iya Tinian para umatutuhon mahatsa i nuebu na Gima Yuus San Jose.

Fuera de este na ayudu, ha bira siha ya manae talu i Diosesan iya Tinian sais hektarias na tanu giya Marpo para Gima Yuus yan eskuela. Ha lie' si Nan Liañg na siempre u dañkulu iya Marpo na soñgsoñg ayu mina ha faisen i asaguaña para umanae' i Diosesan iya Tinian nu ayu na propiadat niha.

Ta tayuyute si defuntu yan asaguaña as Nan Liañg pot todu gineftau niha pot adelantun linala' tautau niha giya Tinian. Dañkulu na regalu nina'en niha ya seguruyu lokue na mas dañkulu na premiu munanañgga siha gi paraisun i Saina. Si Yuus Maase' Nan Liañg yan Tun Alfred. Magahet na sumen likidu na chechu man-antau yan sen mauleg na mañgilisyanu. Sen mas, si Yuus maase'.

■■■

Dañkulu Na Tinilaikan Tiempo

Sessu hu huñgog sentimenton tautauta siha na impottante i tanu natibu pot kuttura. Dimas de tana' bulachu i dibate, maila' ta ebalua yan analisa hafa na rason siha mina' ti umaya i man-sañgan kontra hafa mapraktitika pagu na tiempu.

Gi tiempon antigu na Chamorro, i natibu (si guelu yan guela) mana setbe i tanu familia kumu fangualuan. Diariu, man-gaige mañainata gi halom gualu sige man-na'gasgas yan man-mananom para mantension familia. Este na modun linala' tafaposgue esta kase ennau i uttimon sisienta siha na sakan. Fangualuan i kutturan natibu. Estague 'nai gaige kabales i relasion tano'ta kumu pisun kutturata.

Adumididi i natibu masotta offisiun gualu. Matutuhon este na tinilaika gi dispues de geran dos 'nai megai gi mañainata man-machochu para i Navy. Gi mismu tiempu, sige man-eskuela i famaguonta siha. Dispues de man-magradua gi eskuela, man-machochu gi offisinan praibet 'sino gobietnu. Ti man-hanau guatu gi gualu sa' mas libianu masueddu ke mañufa' gi halom maipe na plaset gualu.

Dispues, hita mismu ni mañaina chumoneg famaguonta man-eskuela preparasion linala' niha. Mas ha choneg este na kinimite para i famaguonta mas chagu yan offisiun fangualuan.

Humalom ineyag tapuraita' (typewriter). Bente años dispues, tinilaika ni modun komputa (computer). Gumuaha radio yan television. Dimas mohon de ta falague i gualu, ta lunu' hit gi menan television. Mas talu chumagu yan maliñgu i chalan fangualuan.

I puntu yan kuestion: Kuantu pagu na Chamorro yan Karolinas manguagualu? Guaha siñkueta pot sientu pat mas ha' gi kase tres pot sientu? Man-machapag hit ginen pisun yan relasion kuttura yan tanu.

Megai man-ma-atkila yan guaha lokue' man-mabende. Pues esta relasionta yan tanu ti pot kuttura. Tafa' attikulu 'sino fektus i tano'ta siha. Estague' masusesede pagu na tiempu.

Letter to the Editor

And I thought tourism is *that* important to the CNMI

Both the *Saipan Tribune* and the *Marianas Variety* have reported on two different functions held on Saipan over the past two weeks that focused on economic development, and on what the CNMI could/should do in order to improve its present situation.

Speakers at both functions—the 2011 Economic Restoration Summit, and National Geographic's Geo-tourism presentations—stressed the importance of seeing to it that the CNMI's tourists are pleased with what they see, with what they experience while on island. One would think that was so obvious an underlying principle in the tourist business that it hardly needed saying.

Yet this week the CNMI has seen fit to begin the destruction of one of its most scenic areas: the area through Marpi approaching the Banzai Cliff monuments, an area that is almost a must-see on every tourist's agenda.

It's a wide open vista—framed on the one side by a huge and ever-heaving occasionally white-tipped ocean of varying shades of blue, by sedate palm trees backed by verdant green "jungle" on the other, topped by a wide expanse of blue sky and ever-changing cloud formations—leading to the somber granite and marble memorials of the tragedy that took place here at the end of World War II—stark, memorable, beautiful—a view that can't help but inspire awe and respect, and pleasure in all who view it.

Yet, due, apparently, to unfeeling planners who were unaware, or uncaring, about tourism or tourist impacts, there has now begun the installation of a long parade of tall ugly power polls—which will soon have multiple wires strung between them—from the entrance to the new public cemetery all the way back up along the road to the Last Command Post and, further, to the site of the Buddhist temple on the Marpi road.

The presence of the poles degrades and destroys everything that site has to offer! No longer will there be a broad expanse of open vista, of natural beauty that tourists would enjoy. Now there will be those stark intrusive power poles desecrating the aura of the entire area. Instead of improving the site to make it more appealing to tourists, the CNMI has seen fit to ruin it completely.

Questions and protests have been raised to the CIP office, which controls the contract for the work, and to the attorney who is the contracting officer for the project. They would seem to have been totally ignored. Apparently the powers that be do not believe that the impact of their activities on tourists is any of their concern, matters at all to the welfare of the CNMI.

Questions needing answers are: What power needs of the new cemetery are so great that electric power from the grid is needed? Why can't solar, wind, a small generator accommodate those needs? Why can't the agencies responsible for the two separate cemeteries (Veteran's and public) work together and share power resources, power needs? Whose button needs to be pushed to make it happen? Must it go to court?

It makes no sense whatsoever for the CNMI to deliberately spoil a prime tourist site, when tourism is—or so everyone keeps saying—so important to the CNMI's economy.

Ruth L. Tighe
Tanapag, Saipan

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam Homepage: www.prh.noaa.gov/guam/

The Weather

5-Day Forecast for Saipan and Tinian

TODAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mostly cloudy with isolated showers. East winds 10 to 15 mph.	Mostly cloudy with isolated showers. East winds 10 to 15 mph.	Mostly cloudy with isolated showers.	Mostly cloudy with isolated showers.	Mostly cloudy with isolated showers.
▲86° ▼76°	▲85° ▼75°	▲86° ▼75°	▲87° ▼75°	▲87° ▼76°

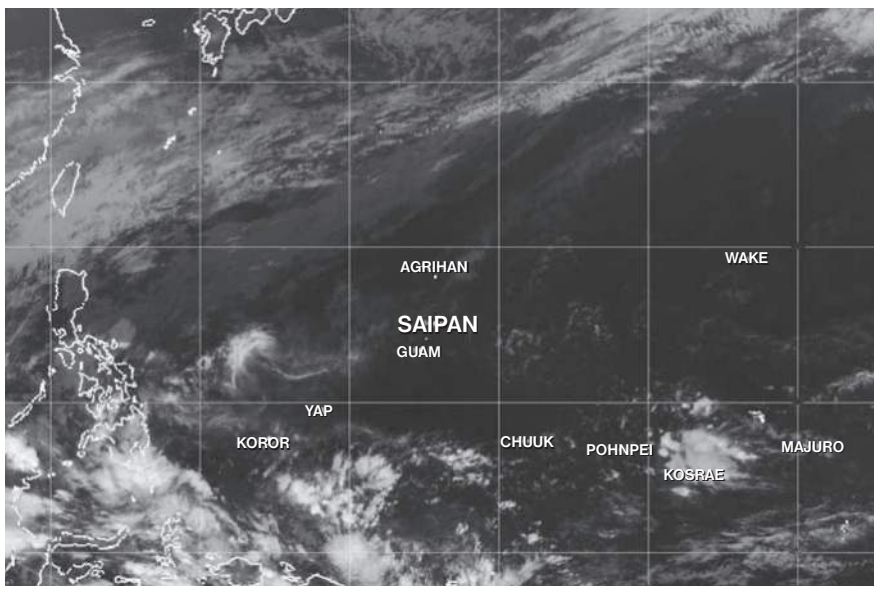
Micronesia

Guam and Rota	Thundershowers	▲86	▼78
Palau	Showers	▲86	▼77
Yap	Showers	▲86	▼76
Chuuk	Showers	▲83	▼77
Pohnpei	Showers	▲85	▼77
Kosrae	Showers	▲87	▼78
Majuro	Showers	▲86	▼77

Around The Globe

Auckland	Sunny	▲69	▼60
Beijing	Sunny	▲70	▼38
Hong Kong	Partly Cloudy	▲67	▼60
Honolulu	Mostly Sunny	▲81	▼71
London	Mostly Sunny	▲55	▼35
Los Angeles	Sunny	▲68	▼51
Manila	Thundershowers	▲85	▼75
Melbourne	Sunny	▲75	▼55
Miami	Partly Cloudy	▲86	▼71
New York	Mostly Sunny	▲45	▼31
Osaka	Sunny	▲56	▼40
Paris	Sunny	▲57	▼39
Pusan	Sunny	▲54	▼42
Rome	Rain	▲61	▼49
Salem	Showers	▲50	▼44
San Francisco	Mostly Sunny	▲59	▼51
Seoul	Sunny	▲52	▼34
Tokyo	Sunny	▲56	▼40
Washington, DC	Partly Cloudy	▲47	▼34

Yesterday's Satellite Image



PICTURE TIME: 1:00PM, SUNDAY, MARCH 27, 2011
Western North Pacific between equator and 25N from 130E to 180.

An old shear line extends southwestward from 25N146E to beyond 15N at 130E. Extensive cloudiness and patchy rain are found along and up to 400 miles northwest of this boundary. An upper-level low centered west of Kwajalein is generating scattered showers and isolated thunderstorms near Kwajalein and northeast of Kosrae between 10N and 5N from 162E to 169E. A near-equatorial trough stretches east-southeastward from 4N130E to end at EQ150E. Scattered showers are found near the trough between 5N and the equator from 130E to 147E. A trade-wind disturbance is producing scattered showers southwest of Pohnpei between 6N and 3N from 154E to 158E.

Tides

Saipan Harbor

4:28 AM	Today	High Tide:	1.6 Feet
9:41 AM	Today	Low Tide:	1.2 Feet
2:15 PM	Today	High Tide:	1.5 Feet
9:53 PM	Today	Low Tide:	0.2 Feet

Sunrise/Sunset

Today	6:16 AM	6:29 PM
Tuesday	6:15 AM	6:29 PM
Wednesday	6:15 AM	6:29 PM
Thursday	6:14 AM	6:29 PM
Friday	6:13 AM	6:29 PM

Moonrise/Moonset

Today	1:47 AM	1:25 PM
Tuesday	2:31 AM	2:16 PM
Wednesday	3:11 AM	3:05 PM
Thursday	3:48 AM	3:52 PM
Friday	4:24 AM	4:39 PM

FLIGHT SCHEDULE AS OF DECEMBER 16, 2010

DEPARTURES

SAIPAN-GUAM

C09317	4:25am	5:15am	Daily
C09313	7:55am	8:45am	3, 6
C09313	8:30am	9:20am	1, 2, 4, 5, 7
C09601	12:10pm	1:00pm	1, 4, 5, 7
C09603	3:05pm	3:55pm	1, 2, 4, 5, 7
C09605	6:20pm	7:10pm	Daily
C09599	9:30pm	10:20pm	Daily

SAIPAN-NARITA (NRT)

DL287	6:10am	8:45am	Daily
DL285	6:40am	9:15am	1, 3, ,4, 5, 6
DL297	4:35pm	7:15pm	Daily

SAIPAN-OSAKA (KIX)

OZ119	4:00am	6:40am	Daily

SAIPAN-BUSAN (PUS)

OZ608	3:20am	6:50am	1, 4, 5, 7

SAIPAN-SEOUL (ICN)

OZ606	2:10am	6:00am	1
OZ606	2:40am	6:30am	2, 3, 4, 5, 6, 7
OZ604	3:20pm	7:00pm	2, 4, 6, 7
OZ119	4:00am	11:25am	Daily via KIX

SAIPAN-SHANGHAI (PVG)

FM844	2:50am	5:40am	2, 6

SAIPAN-BEIJING (PEK)

CA988	3:15am	6:55am	1, 5 Dec 13, 17, 20, 24 & 27 only

SAIPAN-MANILA (MNL)

OZ606/701	2:10am	11:50am	1 via ICN
OZ606/701	2:40am	11:50am	2, 3, 4, 5, 6, 7 via ICN
C09317/891	4:25am	9:45am	3, 6 via GUM
DL285/173	6:40am	10:15pm	1, 3, 4, 5, 6 via NRT
C09313/933	7:55am	9:25pm	3 via GUM
C09313/893	7:55am	11:00pm	3 via GUM-Palau
C09603/933	3:05pm	9:25pm	5 via GUM
C09603/893	3:05pm	11:00pm	5 via GUM-Palau
OZ604/703	3:20pm	11:00pm	2, 4, 6, 7 ICN
OZ604/715	3:20pm	11:30pm	7
C09605/933	6:20pm	9:40pm	1, 2, 4, 6, 7 via GUM
C09599/PR111	9:30pm	7:50am+1	1, 3, 5, 6, 7 via GUM

SAIPAN-HONG KONG

OZ606/721	2:10am	12:00pm	1 via ICN
OZ606/721	2:40am	12:00pm	2, 3, 4, 5, 6, 7 via ICN
C09603/909	3:05pm	10:25pm	1, 5 via GUM
OZ604/723	3:20pm	10:35pm	2, 4, 6, 7 via ICN
OZ604/749	3:20pm	11:00pm	2, 4, 6, 7 via ICN

ARRIVALS

GUAM-SAIPAN

C09316	2:45am	3:35am	Daily
C09596	6:35am	7:25am	3, 6
C09596	7:00am	7:50am	1, 2, 4, 5, 7
C09600	10:05am	10:55am	1, 2, 4, 5, 7
C09602	1:40pm	2:30pm	1, 4, 5, 7
C09604	5:00pm	5:50pm	Daily
C09606	8:00pm	8:50pm	Daily

NARITA (NRT)-SAIPAN

DL298	10:25am	3:05pm	Daily
DL286	7:45pm	12:20am+1	2, 3, ,4 ,5, 7
DL288	8:00pm	12:30am+1	Daily

OSAKA (KIX)-SAIPAN

OZ120	9:50am	2:20am+1	Daily

BUSAN (PUS)-SAIPAN

OZ607	9:10pm	2:20am+1	3, 4, 6, 7

SEOUL (ICN)-SAIPAN

OZ603	9:00am	2:20pm	2, 4, 6, 7
OZ120	7:10pm	2:20am+1	Daily via KIX
OZ605	7:40pm	1:00am+1	7
OZ605	8:10pm	1:30am+1	1, 2, 3, 4, 5, 6

SHANGHAI (PVG)-SAIPAN

FM843	7:15pm	1:50am+1	1, 5

BEIJING (PEK)-SAIPAN

CA987	6:40pm	1:55am+1	4, 7 Dec 12, 16, 19, 23 & 26 only

MANILA (MNL)-SAIPAN

OZ704/603	12:10am	2:20pm	2, 4, 6, 7 via ICN
OZ716/603	12:30am	2:20pm	4, 6 via ICN
DL172/286	8:05am	12:20am+1	2, 3, 4, 5, 7
C0890/9606	10:55am	8:50pm	3, 6 via GUM
OZ702/605	1:10pm	1:00am+1	7 via ICN
OZ702/605	1:10pm	1:30am+1	1, 2, 3, 4, 5, 6 via ICN
PR110/C09596	10:15pm	7:25am+1	6 via GUM
PR110/C09596	10:15pm	7:50am+1	1, 2, 4, 7 via GUM
C0892/9596	10:25pm	7:25am+1	3 via GUM-Palau
C0892/9596	10:25pm	7:50am+1	5 via GUM-Palau
C0934/9596	11:10pm	7:50am+1	1, 2, 7 via GUM
C0934/9596	11:25pm	7:50am+1	4 via GUM
C0934/9596	11:59pm	7:25am+1	3 via GUM
C0934/9596	11:59pm	7:50am+1	5 via GUM

HONG KONG-SAIPAN

OZ724/603	12:30am	2:20pm	2 ,4 ,6, 7 via ICN
OZ750/603	1:00am	2:20pm	2, 4, 6, 7 via ICN
OZ722/605	1:30pm	1:00am+1	7 via ICN
OZ722/605	1:30pm	1:30am+1	1, 2, 3, 4, 5, 6 via ICN
C0910/9596	11:15pm	7:50am+1	1, 5 via GUM

Editor's Note: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); CZ: China Southern; CO: Continental; FM: Shanghai Airlines; DL: Delta Airlines; OZ: Asiana; CA: Air China
ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. The *Saipan Tribune* is not responsible for any changes in the schedule.)

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The *Saipan Tribune* accepts for FREE publication the following:

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- ISLAND SNAPSHOTS
  Birthdays, baptisms, christenings, family gatherings, reunions, club activities, and other community-related events.
- BIRTHDAY GREETINGS
  A way for families and friends to greet their loved ones, accompanied by a picture of the person celebrating his/her birthday.
- BUSINESS
  Corporate donations, volunteer work, promotions, granting of awards, team-building exercises, meetings and other activities by members of the business community.
- SAMU'T SARI
  Pictures from the islands' Filipino community, primarily focusing on Filipino activities, gatherings, get-togethers, volunteer work, etc.
- TRAVELOGUE
  Pictures of off-island travels. Contributors may submit up to 10 pictures for consideration.

ANNOUNCEMENTS

- COMMUNITY BRIEFS
  Announcements of upcoming activities of organizations, community clubs, government agencies, and private companies.
- CAMPUS BULLETIN
  Announcements of upcoming activities in public and private schools, as well as calendar of activities. May include PTSA meetings, enrollment procedures.

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For pictures:

- Photos should be original and not copyrighted. Contributors must have the right to allow the *Saipan Tribune* to publish the pictures.
- Digital pictures should be high-resolution (minimum of 800kb).
- Must have complete details (who, what, where, when), the name of contact person, and phone number.
- Photos must have been taken in the last two months.
- For birthday greetings, must be submitted no later than 12 noon of the previous day to make it to next day's edition.

For announcements:

- Must have complete details (who, what, where, when), the name of contact person, and a phone number.
- Must be submitted no later than 12 noon to make it to next day's edition.

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- Mail: PMB 34, P.O. Box 10001, Saipan, CNMI 96950
- Drop off: 2nd Floor, JP Center, Beach Road, Garapan, Saipan
  To check if contributions are received, call (670) 235-6397, 235-2440, 235-8747

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- The *Saipan Tribune* will decide how often community announcements are going to be published.
- For Travelogue, the *Saipan Tribune* reserves the right to choose which pictures to publish.

FREEDOM AIR FLIGHT SCHEDULE

Airline	ETD	ETA	Frequency
Guam–Rota			
FRE 100	7:30	8:00	Daily
Rota–Saipan			
FRE 100	8:20	8:50	Daily
Guam–Rota			
FRE 300	17:00	17:30	Daily
Rota–Saipan	17:50	18:20	Daily
Saipan–Rota			
FRE 200	9:30	10:00	Daily
Rota–Guam	10:20	10:45	Daily
Saipan–Rota			
FRE 400	18:55	19:25	Daily
Rota–Guam			
FRE 400	19:40	20:10	Daily
Saipan–Tinian			
FRE 101	6:45	6:55	Daily
FRE 103	7:30	7:40	Daily
FRE 105	8:00	8:10	Daily
FRE 107	8:40	8:50	Daily
FRE 109	9:10	9:20	Daily
FRE 111	10:45	10:55	Daily

Airline	ETD	ETA	Frequency
FRE 113	11:40	11:50	Daily
FRE 115	13:00	13:10	Daily
FRE 117	14:30	14:40	Daily
FRE 119	16:00	16:10	Daily
FRE 121	16:40	16:50	Daily
FRE 123	17:40	17:50	Daily
FRE 125	18:30	18:40	Daily
Tinian–Saipan			
FRE 102	7:05	7:15	Daily
FRE 104	7:50	8:00	Daily
FRE 106	8:20	8:30	Daily
FRE 108	9:00	9:10	Daily
FRE 110	10:00	10:10	Daily
FRE 112	11:05	11:15	Daily
FRE 114	12:00	12:10	Daily
FRE 116	13:30	13:40	Daily
FRE 118	14:50	15:00	Daily
FRE 120	16:20	16:30	Daily
FRE 122	17:00	17:10	Daily
FRE 124	18:05	18:15	Daily
FRE 126	18:50	19:00	Daily

NMI CRIME STOPPERS

Anonymous tips can now be submitted through the following:

- Call 234-7272 (PARA) on any telephone
- *11 on any PTI cellular phone
- Log on to the internet at www.nmicrimestoppers.com

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Opening of Cultural Center Headquarters

Officers and members of the Inetnon Amot yan Kutturan Natibu/Mwiischil Safey me Kkoor Aramasal Faluw sing the national anthem during the ceremonial opening of the Saipan Chamorro/Carolinian Village Cultural Center Headquarters last March 26.

CLARISSA V. DAVID

Saipan Chamorro/Carolinian Village Cultural Center project director Manny Borja and secretary Frances Sablan perform a cultural dance during the center's ceremonial opening on Saturday.

CLARISSA V. DAVID

Lt. Gov. Eloy S. Inos and Delegate Gregorio Kilili Sablan join cultural experts and supporters at the ceremonial opening of the Saipan Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

Lino M. Olopai, a Carolinian social consultant under the Administration for Native Americans grant, gestures as he addresses the crowd in vernacular at the opening of the Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

An elderly cultural expert 'blesses' a traditional "ut" or "kammalin" as part of an appreciation prayer to the Ut spirits at the opening of the Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

Lt. Gov. Eloy S. Inos, third from left, and Delegate Gregorio Kilili Sablan, right, lead the cutting of a ceremonial ribbon made from leaves at the opening of the Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

Administration for Native Americans grant director Manny Borja and cultural dance expert Frances M. Sablan perform a traditional rice dance or ritual at the opening of the Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

A woman and a boy walk past traditional bead necklaces on display at the Chamorro/Carolinian Village Cultural Center Headquarters on Capital Hill Saturday morning.

HAIDEE V. EUGENIO

Business

SHRM presents 'How to avoid FLSA violations'

The CNMI Chapter of the Society for Human Resource Management will be taking up the subject "How to avoid Fair Labor Standards Act violations" at its March general membership meeting on Thursday, March 31, 2011.

The lunch meeting will be held at the Pacific Islands Club's Charley's Cabaret from 11:30am to 1:30pm.

This meeting is open to the public and will be an invaluable opportunity for employers and employees to learn more about the application of the Fair Labor Standards Act in the CNMI. The FLSA was originally passed into law in 1938. FLSA sets the minimum wage, requires "time-and-a-half" for overtime in certain jobs, and prohibits most employment of minors. FLSA applies to almost all employees unless an employer can claim an exemption from coverage.

Dan Wang and Dean Tenorio of the U.S. Department of Labor's Wage and Hour Division will provide an overview of the FLSA and discuss important topics such as:

1) What is the Fair Labor Standards Act and how does it affect my business and employees?

2) What are the most common FLSA and compensation violations in the CNMI and Guam?

3) Who is exempt from the FLSA?

4) When is the CNMI minimum wage going up again and what minimum wage do I have to pay now?

5) What are legitimate deductions from employee wages and what must employees be paid for?

6) How should automatic service charges by employers be distributed to employees (i.e., waiters/waitresses)?

7) What are the consequences of violating the FLSA?

The presentation includes lunch and the cost is $20 for SHRM members and $30 for non-members. Seats are limited; reserve a seat by contacting SHRM CNMI president Polly DLG Masga at 237-5122 or e-mail her at pollydlg@gmail.com. ***(SHRM)***

Tsunami-hit rice farmers face challenges in Japan

SENDAI, Japan (AP)—The rice paddies on the outskirts of this tsunami-hit city are ankle-deep in a black, salty sludge. Crumpled cars and uprooted trees lie scattered across them.

His house destroyed, rice farmer Shinichi Shibasaki lives on a square of blue tarp on the top floor of a farming cooperative office with others like him. He has one set of soiled clothes. But all he can think about is getting back to work.

"If we start washing the soil out now, we can start growing our rice seedlings at the end of April at a different location, and plant them here a month later," the 59-year-old farmer said.

That may prove overly optimistic, but agriculture experts—as well as Indonesian farmers hit by a tsunami in 2004—say a quick recovery is possible, maybe within a year. A key factor will be how long it takes for the salt to wash out from the fields, some still flooded with seawater.

Whenever it comes, the return of bright green stalks swaying in the breeze will be a symbol of rebirth. The affected area may represent only a small part of Japan's overall production, but rice is a spiritual touchstone in this country. The nation's soul—despite a modern fascination with all things high-tech—remains rooted in the soil.

In the name of preserving tradition, Japan's mostly small-scale rice farmers are heavily protected from cheaper foreign competition. The emperor plants and harvests symbolic stalks every year, and some city dwellers rent small plots to grow rice on the edge of town. The country's mythology is filled with references to rice, and the written character for "rice field" forms part of many surnames.

In the small city of Natori, Akemi Miura can only laugh as she looks at the land around her home, which her family has worked for more than a century. But the 46-year-old says they will replant, though she thinks it will take a few years for the soil to recover.

A fishing boat washed more than a mile (1.5 kilometers) inland smashed into her carnation greenhouse and caught fire. Debris and a thick, sticky mud covers the fields.

"I think we're finished with carnations, but we'll always grow rice," she says.

There are no official estimates yet of how much farmland was affected. The Associated Press made a rough calculation based on last year's harvest in tsunami-hit towns. It indicates that at most 8 percent of Japan's 4 million acres (1.6 million hectares) of rice farms has been hit, affecting about 4 percent of total production.

Makie Kokubun, a professor at Tohoku University in Sendai, will soon accompany government officials on a trip to take samples and analyze the soil. Japan's coastal farmland has been damaged by salt from major typhoons in the past, and farmers have been able to flush it clean.

"Recovery may be faster than some think. The key is the water flow through the land, which varies by region," he said. "There is also some evidence that light salt can actually help crops grow, though this is obviously in far greater amounts."

The 2004 tsunami ravaged rice fields in Indonesia's Aceh province, and scientists made dire predictions of years without a crop. But many recovered quickly. "Thank God, we were able to harvest rice just one year after the tsunami decimated my rice fields," said Sulaiman Abdullah, 55, who farms a third of an acre (1,300 square meters) in the village of Beuradeuen.

LONDON'S BIGGEST PROTEST AP

Demonstrators against the coalition government's spending cuts march in central London, Saturday, March 26, 2011. More than 250,000 people took to London's streets to protest the toughest spending cuts since World War II–one of the largest demonstrations since the Iraq war–as riot police clashed with small groups. More than 200 people were arrested. Teachers, nurses, firefighters, public sector workers, students, pensioners and campaign groups all took part in Saturday's mass demonstration.

Honda: Lack of parts may affect N. America plants

COLUMBUS, Ohio (AP)—Production will likely be interrupted at Honda Motor Co.'s six North America plants after April 1 due to a lack of critical parts as Japanese suppliers work to recover from earthquake and tsunami damage, the automaker said Friday.

Interruptions are expected at Honda's two Ohio plants and at plants in Alabama, Indiana, Canada and Mexico until the issues are resolved, said spokesman Jeffrey Smith.

Honda said workers at the plants were informed Friday.

The company said on its website that a few suppliers in Japan are still working to re-establish operations, and that Honda is looking for other possible supply sources.

"The vast majority of Honda's parts and materials are sourced here in North America. However, for global efficiency, a few critical parts continue to be supplied from Japan," the site said.

The affected plants, which are responsible for more than 80 percent of the Honda and Acura vehicles sold in the U.S., are in Marysville and East Liberty, Ohio; Greensburg, Ind.; Lincoln, Ala.; Alliston, Ontario; and El Salto, Mexico.

The March 11 disaster in Japan, followed by damage to nuclear reactors, has disrupted the flow of auto parts and cars around the globe. In the U.S., General Motors Co. halted production for a week at a Louisiana assembly plant and had a partial shutdown an engine plant in New York.

Toyota Motor Corp. has said it expects to halt production at some of its 13 North American factories. The company already has suspended overtime and Saturday shifts at the plants.

Subaru of America also has stopped overtime shifts at its sole North American plant in Indiana.

Nissan has said its U.S. plants will operate at full production through April 1.

Tips for overcoming language obstacles

YOUR OFFICE COACH

By MARIE G. MCINTYRE
McClatchy-Tribune News Service

Marie G. McIntyre is a workplace coach and the author of Secrets to Winning at Office Politics. *Send in questions and get free coaching tips at http://www.yourofficecoach.com, or follow her on Twitter @ officecoach.*

I recently asked for suggestions to help a manager who had difficulty communicating in English. Many thanks to all the readers who responded.

Here are some of their comments:

■ I'm from Nicaragua and sometimes have problems with English. However, in today's world, being bilingual is an asset, not a liability. The key is to not become anxious and remain polite and courteous. Remember, if you cannot get your point across one way, try another.

■ People who stay in ethnic communities, using only their native language, will never speak like Americans. When I came here as a software engineer, I spoke very little English. To practice, I would strike up conversations in supermarkets, restaurants, ballparks and elevators. I watched TV, read the newspaper, listened to conversations, and kept a notebook of American expressions. I also did volunteer work and played sports with American friends. Today, I am a proud naturalized American who can run meetings like a pro.

■ As a team leader in an international corporation, I am concerned when employees have difficulty speaking English in meetings. Their input is critical and cannot be overlooked. I try to help by providing a detailed agenda in advance and suggesting that they write notes about points they wish to make. Afterward, I send everyone a written meeting summary.

■ "English as a Second Language" classes are offered in community centers, libraries and schools. The teachers often provide private tutoring.

■ The difference between "book English" and "street English" can be confusing. To give learners time to think, listeners can ask them to slow down. Also, a simple smile goes a long way! It's warmth says "I am tuned in to you, and if you take your time, I will still be here, listening."

■ I am an executive who teaches ESL to business managers. Sometimes there are problems with cultural differences. For example, American managers are expected to openly express opinions, but in many cultures this is not acceptable. Your column has been a useful teaching tool.

■ Try starting a conversational English group where members can practice discussing work-related topics. Invite people from different countries, including at least one native English speaker.

■ The problem may be in the ears of the listener, not the words of the speaker. When I make an effort to understand my foreign-born colleagues, I usually succeed. However, many Americans become frustrated and don't even try. God placed us here to be good to one another. Making a serious effort to communicate is just one example of "doing good."

■ To get ahead in business, you must look at yourself first. Many resources exist for improving language skills. Fixing the root problem is the answer, not asking others to accommodate it.

■ Speech pathologists who specialize in accent reduction can be an excellent resource.

■ Listening to English-language radio or TV can help learners adopt proper grammar and acquire new words. As a native English-speaker, I listen to Spanish radio every day.

Nation

Tsunami threat could catch Northwest off guard

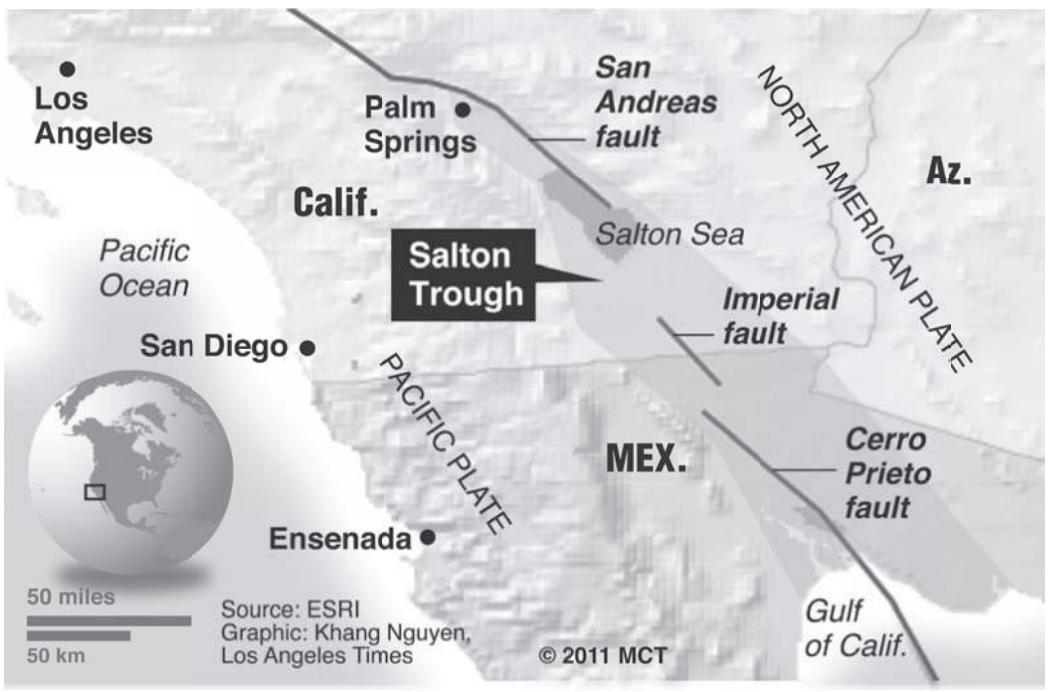
CANNON BEACH, Ore. (AP)—When the big one hits the Pacific Northwest, the best place to escape the wall of water moving at jetliner speed from 50 miles off the coast may be a City Hall on stilts.

Once the ground finishes two to four minutes of lurching and shaking, residents and tourists in Cannon Beach would flock to the refuge on concrete columns 14 feet above the waves racing beneath.

They would ... if the refuge gets built. There's nothing like it from Northern California to British Columbia and, so far, no money for anything like it.

It's an example of how underprepared the West Coast is for an earthquake and tsunami on the scale of what happened in Japan.

Scientists say it's inevitable that an offshore seismic menace called the Cascadia Subduction Zone will one day unleash a megaquake. The last time it happened was 300 years ago when a magnitude-9 shaker spawned enormous ocean waves that slammed into the West Coast and damaged Japanese fishing villages.



Mindful of the risks of waves as high as 60 feet, communities in the Pacific Northwest have worked on their defenses, installing sirens to warn of dangerous waves, posting hazard signs to mark inundation zones, designating evacuation routes and holding evacuation drills.

Scientists in the Pacific Northwest hadn't understood the geology and the threat it poses until recent decades when they discovered evidence of big quakes near the coast over the last 10,000 years—about 20 the size of the March 11 quake in Japan.

By contrast, the Japanese have long paid close attention to quakes and tsunamis. Their written records from 1700 allowed North American scientists a few years ago to fix the timing of the last Pacific Northwest megaquake, right down to the hour it occurred.

So the death and damage caused by this month's earthquake and tsunami in Japan were worrisome on the other side of the Pacific.

"We're not nearly as well prepared as the Japanese, and clearly they were overwhelmed," said Bill Steele, coordinator of the University of Washington's Seismology Laboratory. "It is a problem."

Tiny amounts of radiation from Japan reach Nev.

RENO, Nev. (AP)—Minuscule amounts of radiation from Japan's damaged nuclear plant have reached Las Vegas, but scientists say it poses no health risk.

Extremely small amounts of the radioactive isotopes iodine-131 and xenon-133 reached a monitoring station by the city's Atomic Testing Museum this week, said Ted Hartwell, manager of the Desert Research Institute's Community Environmental Monitoring Program.

Hartwell said he's certain the isotopes came from Japan because they're not usually detected in Nevada. But he said the readings were far below levels that could pose any health risks.

"Unless you have an accident like this (in Japan) you wouldn't expect to see this. No doubt it's from Japan," Hartwell told The Associated Press.

Minuscule amounts of radiation from Japan have been reported elsewhere in the West, including California, Colorado, Hawaii and Washington. Officials have said those levels also were not harmful.

Nevada health officials have said they do not expect any risk to the state from Japanese radiation releases because of the distance the materials would have to travel.

"Any material released must travel 10,000 miles across the Pacific Ocean, during which time it will be dispersed and diluted in the atmosphere to levels that might eventually be detectable, but which will not present a health hazard nor require any protective actions," said Eric Matus, radiation physicist for the Nevada State Health Division.

Scientists say they weren't surprised that radioactive isotopes from Japan were detected in the Western states.

"They get caught up in the right wind pattern and they'll move across the ocean," said Jeff Daniels, an environmental scientist with Reno-based DRI.

Tiny amounts of the radioactive isotope cesium-137 were detected at a University of Nevada, Las Vegas laboratory between March 17 and 21, but haven't been reported since then, Hartwell said.

The Desert Research Institute operates 29 stations that monitor the air for radioactivity around the Nevada National Security Site, formerly the Nevada Test Site, about 65 miles northwest of Las Vegas. The institute plans to release the results of testing at the other stations and post them online at http://cemp.dri.edu/ by late in the week, Hartwell said.

The vast majority of the monitoring stations are in Nevada, with four in Utah and one in California.

First female VP candidate Ferraro dies at 75

BOSTON (AP)—Geraldine Ferraro was a relatively obscure congresswoman from the New York City borough of Queens in 1984 when she was tapped by Democratic presidential nominee Walter Mondale to join his ticket.

Her vice presidential bid, the first for a woman on a major party ticket, emboldened women across the country to seek public office and helped lay the groundwork for Hillary Rodham Clinton's presidential candidacy in 2008 and John McCain's choice of his running mate, Sarah Palin, that year.

Ferraro

Ferraro died Saturday in Boston, where the 75-year-old was being treated for complications of blood cancer. She died just before 10 a.m., said Amanda Fuchs Miller, a family friend who worked for Ferraro in her 1998 Senate bid and was acting as a spokeswoman for the family.

Mondale's campaign had struggled to gain traction and his selection of Ferraro, at least momentarily, revived his momentum and energized millions of women who were thrilled to see one of their own on a national ticket.

The blunt, feisty Ferraro charmed audiences initially, and for a time polls showed the Democratic ticket gaining ground on President Ronald Reagan and Vice President George H. W. Bush. But her candidacy ultimately proved rocky as she fought ethics charges and traded barbs with Bush over accusations of sexism and class warfare.

Ferraro later told an interviewer, "I don't think I'd run again for vice president," then added "Next time I'd run for president."

Reagan won 49 of 50 states in 1984, the largest landslide since Franklin D. Roosevelt's first re-election over Alf Landon in 1936. But Ferraro had forever sealed her place as trailblazer for women in politics.

"At the time it happened it was such a phenomenal breakthrough," said Ruth Mandel of the Center for American Women in Politics at Rutgers University. "She stepped on the path to higher office before anyone else, and her footprint is still on that path."

Palin, who was Alaska's governor when she ran for vice president, often spoke of Ferraro on the campaign trail.

"She broke one huge barrier and then went on to break many more," Palin wrote on her Facebook page Saturday. "May her example of hard work and dedication to America continue to inspire all women."

For his part, Mondale remembered his former running mate as "a remarkable woman and a dear human being."

"She was a pioneer in our country for justice for women and a more open society. She broke a lot of molds and it's a better country for what she did," Mondale told The Associated Press.

Ferraro died at Massachusetts General Hospital, where she had gone Monday for a procedure to relieve back pain caused by a fracture. Such fractures are common in people with her type of blood cancer, multiple myeloma, because of the thinning of their bones, said Dr. Noopur Raje, the Mass General doctor who treated her.

Ferraro, however, developed pneumonia, which made it impossible to perform the procedure, and it soon became clear she didn't have long to live, Raje said. Since she was too ill to return to New York, her family went to Boston.

Raje said it seemed Ferraro held out until her husband and three children arrived. They were all at her bedside when she passed, she said.

Mega Millions ticket worth $319M sold in New York

ALBANY, N.Y. (AP)—Just down the hill from where New York's leaders are wrestling with a $10 billion deficit, a tiny variety store in downtown Albany was abuzz Saturday with talk of a financial windfall.

The winning ticket for Friday night's $319 million Mega Millions lottery jackpot was sold at Coulson's News Center, just blocks from the New York Capitol building, a lottery official announced.

The phone rang non-stop Saturday morning, and a steady stream of customers passed through the newsstand and magazine shop to get coffee, the daily paper and, of course, lottery tickets, as word spread that the store sold the fifth-largest jackpot in Mega Millions history.

Store manager Steve Gallucci said lottery sales were up this week with the skyrocketing jackpot, but he didn't know yet who won. He expects to find out Monday from gaming officials.

"A lot of office people come in," he said. "A lot of regulars."

Coulson's, which opened in 1895, sits on a broad avenue across the street from the massive Gothic-style D&H Railroad's former headquarters and just around the corner from Jack's Oyster House, a storied restaurant where Albany's power brokers have for decades wandered down the hill from the ornate Capitol to cut deals over dinner and drinks.

The newsstand, with an unremarkable storefront adorned with signs advertising beer, cigarettes and other standard convenience store fare, is a regular stop for state employees who dominate the work force here.

Gallucci said the store had a $3.5 million state Lotto winner before, but nothing this big.

He said he has no preference who he hoped would win.

"I just hope it is somebody who's going to use the money in a good way," he said.

AP

Coulson's News, where a Mega Millions lottery jackpot ticket worth $319 million was sold, is seen in Albany, N.Y., on Saturday, March 26, 2011.

Asia

Japan nuke workers grapple with radioactive water

SENDAI, Japan (AP)—Workers grappled Sunday with how to remove and store highly radioactive water pooling in three troubled units at a nuclear power plant in northeastern Japan that has been leaking radiation making its way into food and water.

■ ■ ■ ■

SENDAI, Japan (AP)—The radioactivity in water in one unit of a hobbled nuclear power plant in northeastern Japan has tested 10 million times higher than normal, the plant's operator said Sunday.

Leaked water in Unit 2 of the Fukushima Dai-ichi plant measured 10 million times higher than usual radioactivity levels when the reactor is operating normally, Tokyo Electric Power Co. spokesman Takashi Kurita told reporters in Tokyo.

Radioactivity in the air in Unit 2 measured at 1,000 millisieverts per hour - four times higher than the occupational limit of 250 millisieverts set by the government, he said.

■ ■ ■ ■

The discovery of puddles with radiation levels 10,000 times the norm sparked a temporary evacuation of the Fukushima Dai-ichi power plant on Thursday. Two workers who stepped into the water were hospitalized with possible burns.

The development set back feverish efforts to start up a crucial cooling system knocked out in a massive March 11 earthquake and tsunami, but has helped experts get closer to determining the source of the dangerous leak.

Chief Cabinet Secretary Yukio Edano, speaking Sunday on TV talk shows, said the radioactive water is "almost certainly" seeping from a reactor core. Workers were focusing Sunday on extracting the contaminated water from three of the plant's six reactors and trying to find a safe place to store or dispose of it, said officials from the plant's operator, Tokyo Electric Power Co.

Officials were also aiming to get the lights on in a fourth unit, TEPCO said.

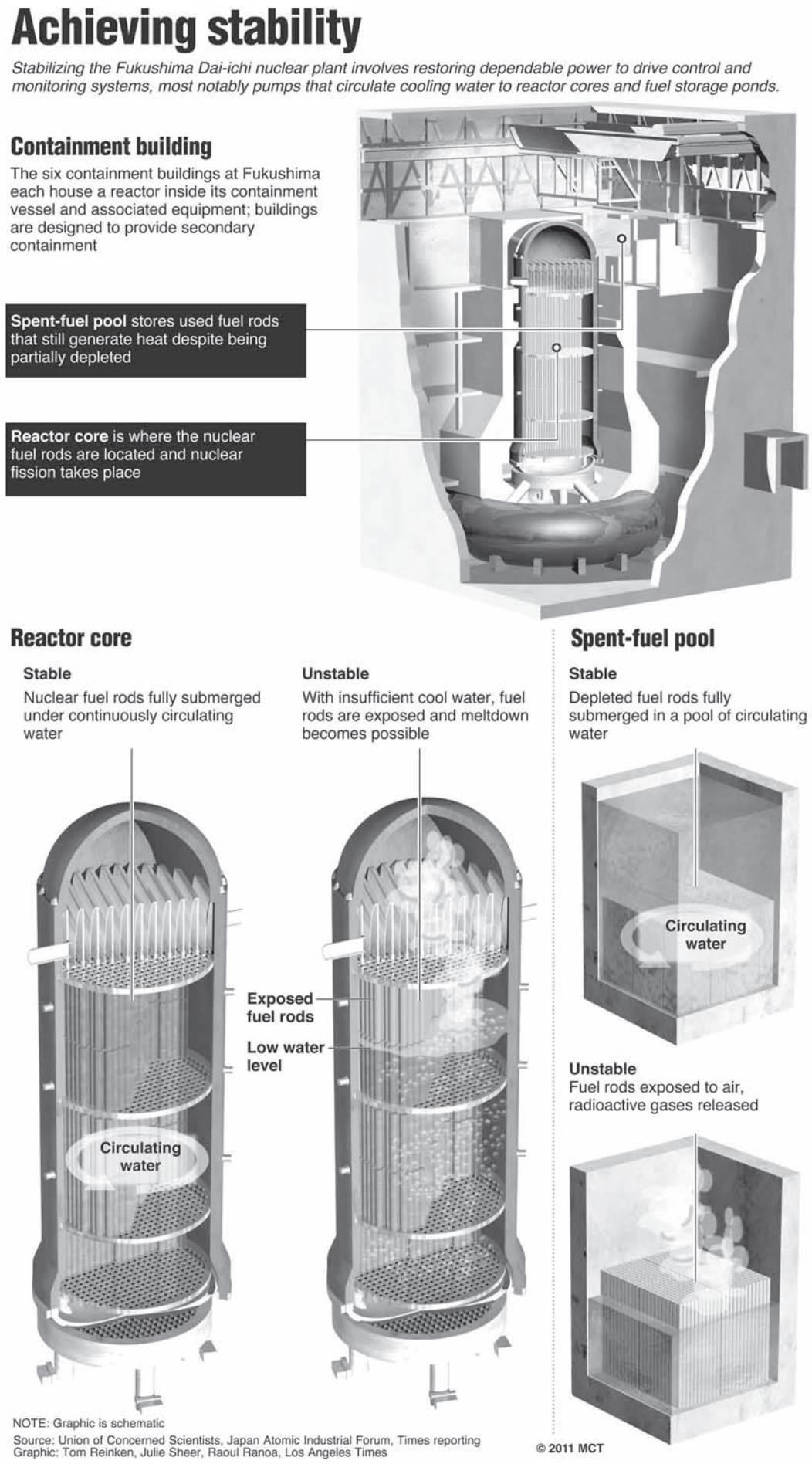
It has been more than two weeks since the magnitude-9 quake erupted off the coast, triggering a tsunami that swallowed up cities and left a swath of devastation along Japan's northeast.

The wave also engulfed and damaged the Fukushima power plant, creating a nuclear crisis that has threatened to overshadow efforts to care for hundreds of thousands of homeless and address the global economic fallout created by the twin disasters.

The government has voiced criticism of TEPCO's handling of the crisis following a series of missteps in recent days.

Edano urged TEPCO to be more transparent after Japan's Nuclear and Industrial Safety Agency, or NISA, revealed that the plant operator was aware there was high radiation in the air at one unit several days before the two workers were burned.

"Regardless of whether there was an awareness of high radioactivity in the stagnant water, there were problems in the way work was conducted," NISA spokesman Hidehiko Nishiyama said Saturday.


Achieving stability
Stabilizing the Fukushima Dai-ichi nuclear plant involves restoring dependable power to drive control and monitoring systems, most notably pumps that circulate cooling water to reactor cores and fuel storage ponds.
Containment building
The six containment buildings at Fukushima each house a reactor inside its containment vessel and associated equipment; buildings are designed to provide secondary containment
Spent-fuel pool stores used fuel rods that still generate heat despite being partially depleted
Reactor core is where the nuclear fuel rods are located and nuclear fission takes place
Reactor core
Stable
Nuclear fuel rods fully submerged under continuously circulating water
Unstable
With insufficient cool water, fuel rods are exposed and meltdown becomes possible
Exposed fuel rods
Low water level
Circulating water
Spent-fuel pool
Stable
Depleted fuel rods fully submerged in a pool of circulating water
Circulating water
Unstable
Fuel rods exposed to air, radioactive gases released
NOTE: Graphic is schematic
Source: Union of Concerned Scientists, Japan Atomic Industrial Forum, Times reporting
Graphic: Tom Reinken, Julie Sheer, Raoul Ranoa, Los Angeles Times
© 2011 MCT

Fugitive senator back as Philippines drops warrant

MANILA, Philippines (AP)—A Philippine senator who fled double murder charges more than a year ago returned to the country on Saturday after a court voided the arrest warrant against him, police said.

Sen. Panfilo Lacson arrived in central Cebu city from Hong Kong and planned to fly on to Manila later Saturday, national police spokesman Agrimero Cruz said.

Lacson was charged with the killings of high-profile publicist Salvador "Bubby" Dacer and his driver in 2000. He has denied involvement.

Lacson, a former national police chief, was one of then President Gloria Macapagal Arroyo's staunchest critics. He left for Hong Kong on Jan. 5, 2010, and in a statement a month later said he was a victim of an alleged conspiracy involving Arroyo and feared for his life in the Philippines.

The Court of Appeals ruled last month that there was no probable cause for the arrest warrant and said the main witness against him—one of his former police deputies—was unreliable. The trial court's options could include ordering a reinvestigation or dismissing the case on a motion by Lacson's lawyers.

Dacer's U.S.-based daughters have sued Lacson and ex-President Joseph Estrada in San Francisco for alleged complicity in the murder under a U.S. law that allows federal courts to consider accusations of human rights abuses committed outside the United States.

Estrada has denied any involvement in the killings.

Dacer represented a number of top political figures. He and his driver, Emmanuel Corbito, were abducted from a Manila street and were later found strangled and burned. Investigators identified their corpses using dental records.

The reasons for the murders remain a subject of speculation.

SKorea still divided over warship sinking

SEOUL, South Korea (AP)—A year after an explosion ripped apart the 1,200-ton Cheonan warship, killing 46 sailors and horrifying Seoul and its allies, the sinking still enrages and divides South Korea. It also may have taught North Korea a dangerous lesson.

Demonstrators in Seoul this week demanded revenge against the North, and the South Korean government and its political opposition traded barbs on the sinking. Seoul has suggested skeptics of the North's role are weakening national security.

South Korean citizens and lawmakers still question a Seoul-led multinational investigation that concluded a North Korean submarine torpedoed the warship. Pyongyang rejected the finding, and China shielded its ally at the United Nations.

Eight months after the Cheonan sank, a defiant North Korea killed two civilians and two marines in an artillery attack on South Korea's Yeonpyeong Island in disputed waters, fueling fears that the North now thinks it can get away with crossing lines once thought uncrossable.

"They've pushed the red line back," Joseph Bermudez, a North Korea military analyst for the London-based Jane's Information Group, said of the North. "Let's face it, you sunk somebody's warship, then you shelled their island, and have (South Koreans) retaliated in any way that's significant? Not really."

In the past year, the North has given its apparent leader-in-waiting a slew of high-power jobs, proudly unveiled a new nuclear facility that could give it another way to make atomic bombs and rained artillery shells on South Korean civilians.

But the Cheonan sinking still resonates.

Hundreds of protesters in Seoul carried signs Friday that read "Revenge" and "Never forget Cheonan"; they torched pictures of North Korean leader Kim Jong Il.

ASIAN BRIEFS

Afghan official: NATO airstrike kills 7 civilians

KABUL, Afghanistan (AP)—A provincial governor in Afghanistan's dangerous south said Saturday that seven civilians were accidentally killed when a NATO helicopter fired on two vehicles believed to be carrying Taliban fighters. Civilian casualties have long been a source of friction between the U.S.-led international force and Afghan President Hamid Karzai, who has bluntly told the coalition that they must end. A recent U.N. report said at least 2,777 civilians were killed in Afghanistan last year, with about three-quarters of the deaths blamed on the insurgency. The international alliance said it was investigating the strike, which occurred on Friday in the Naw Zad district of Helmand province.

South Korea returns 27 to North whose boat drifted

SEOUL, South Korea (AP)—The Red Cross says South Korea has repatriated 27 North Koreans whose status was uncertain for a month because others on their drifting fishing boat defected. The North had demanded the repatriation of all 31 of its citizens on the boat that strayed into southern waters last month. Seoul said four wanted to stay in the South. South Korea's Red Cross said in a statement the 27 people were handed over to North Korea's navy near the western sea border Sunday. South Korea accepts North Koreans who choose to defect. More than 20,000 have done so since the Korean War ended in 1953. Six arrived by boat last week and sought asylum.

World

Air raids force Gadhafi retreat, rebels seize east

AJDABIYA, Libya (AP)—Libyan rebels clinched their hold on the east and seized back a key city on Saturday after decisive international airstrikes sent Moammar Gadhafi's forces into retreat, shedding their uniforms and ammunition as they fled.

Ajdabiya's initial loss to Gadhafi may have ultimately been what saved the rebels from imminent defeat, propelling the U.S. and its allies to swiftly pull together the air campaign now crippling Gadhafi's military. Its recapture gives President Barack Obama a tangible victory just as he faces criticism for bringing the United States into yet another war.

In Ajdabiya, drivers honked in celebration and flew the tricolor rebel flag. Others in the city fired guns into the air and danced on burned-out tanks that littered the road.

Their hold on the east secure again, the rebels promised to resume their march westward that had been reversed by Gadhafi's overwhelming firepower. Rebel fighters already had pushed forward to the outskirts of the oil port of Brega and were hoping to retake the city on Sunday, opposition spokeswoman Iman Bughaigis said, citing rebel military commanders.

"Without the planes we couldn't have done this. Gadhafi's weapons are at a different level than ours," said Ahmed Faraj, 38, a rebel fighter from Ajdabiya. "With the help of the planes we are going to push onward to Tripoli, God willing."

The Gadhafi regime acknowledged the airstrikes had forced its troops to retreat and accused international forces of choosing sides.

"This is the objective of the coalition now, it is not to protect civilians because now they are directly fighting against the armed forces," Khaled Kaim, the deputy foreign minister, said in Tripoli. "They are trying to push the country to the brink of a civil war."

Ajdabiya's sudden capture by Gadhafi's troops on March 15—and their move toward the rebel capital of Benghazi—gave impetus to the U.N. resolution authorizing international action in Libya, and its return to rebel hands on Saturday came after a week of airstrikes and missiles against the Libyan leader's military.

The Pentagon said U.S.-led forces pounded Libyan ground troops and other targets along the Mediterranean coast and in Tripoli, Ajdabiya and the western contested city of Misrata in strikes overnight, but they provided no details on what was hit. A Pentagon spokesman, Navy Capt. Darryn James, says there were no Tomahawk cruise missile strikes overnight.

Altogether, the Pentagon said the U.S. military launched nearly 100 strikes overnight, just slightly higher than a day ago.

Airstrikes Friday on the city's eastern and western gates forced Gadhafi's troops into hasty retreat. Inside a building that had served as their makeshift barracks and storage, hastily discarded uniforms were piled in the bathroom and books on Islamic and Greek history and fake pink flowers were scattered on the floor.

Saif Sadawi, a 20-year-old rebel fighter with a rocket-propelled grenade launcher in his hands, said the city's eastern gate fell late Friday and the western gate fell at dawn Saturday after airstrikes on both locations.

"All of Ajdabiya is free," he said.

Rebels swept into the city and hauled away a captured rocket launcher and a dozen boxes of anti-aircraft ammunition, adding to their limited firepower.

Later in the day, other rebels drove around and around a traffic circle, jubilantly firing an assortment of weapons in the air—anti-aircraft weapons, AK-47s, RPGs.

Outside the city, Muftah el-Zewi was driving away, his back seat loaded with plastic bags filled with blankets and clothes that he picked up after going to his home in Ajdabiya for the first time in days.

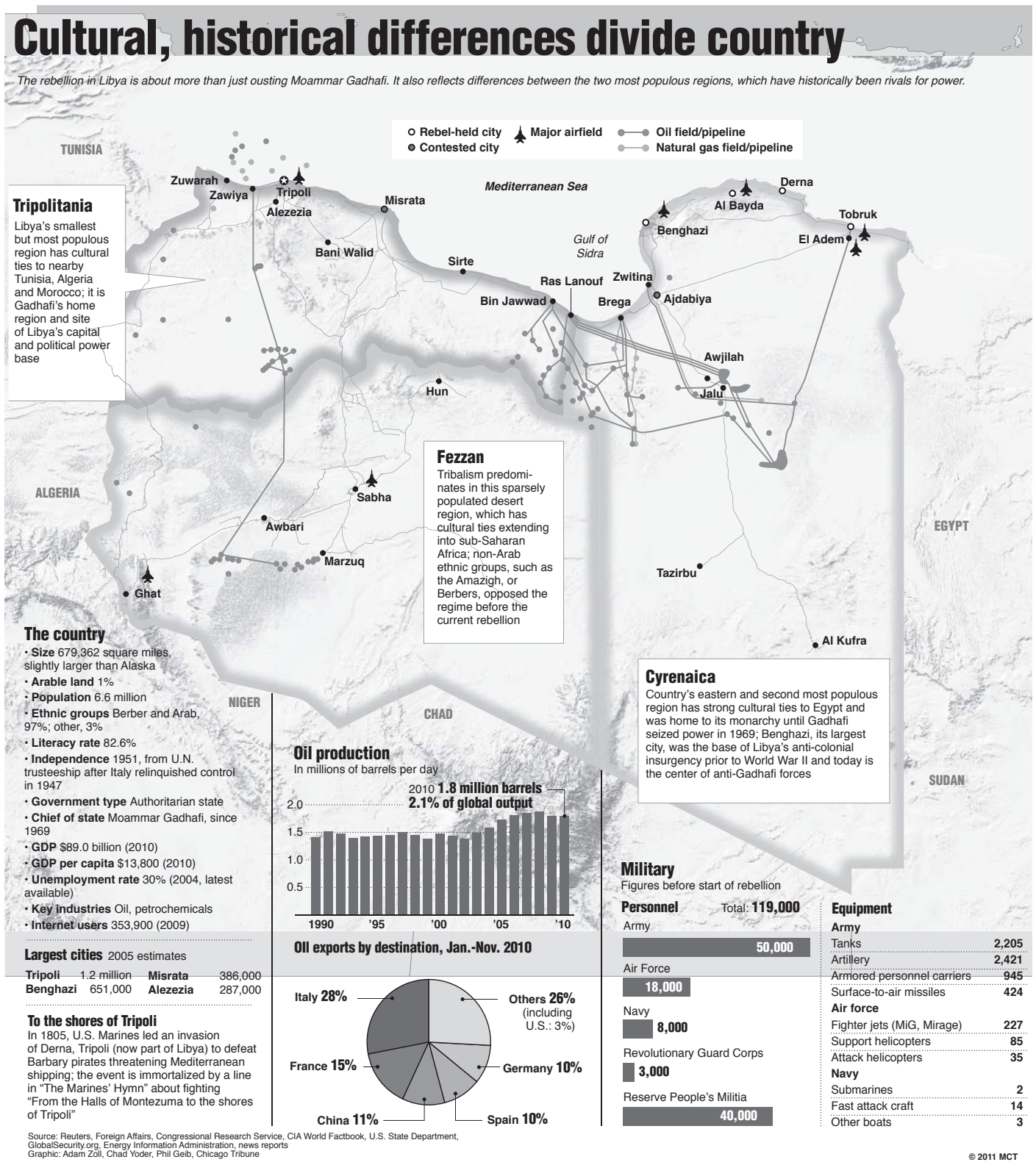
"We went and checked it out, drove around the neighborhood and it looked OK. Hopefully we'll come back to stay tomorrow," he said.

The turnaround is a boost for Obama, who has faced complaints from lawmakers from both parties that he has not sought their input about the U.S. role in the conflict or explained with enough clarity about the American goals and exit strategy. Obama was expected to give a speech to the nation Monday.

"We're succeeding in our mission," Obama said in a radio and Internet address. "So make no mistake, because we acted quickly, a humanitarian catastrophe has been avoided and the lives of countless civilians—innocent men, women and children—have been saved."

The U.N. Security Council authorized the operation to protect Libyan civilians after Gadhafi launched attacks against anti-government protesters who demanded that he step down after 42 years in power. The airstrikes have crippled Gadhafi's forces, but rebel advances have also foundered, and the two sides have been at stalemate in key cities.

Pentagon officials say that forces loyal to Gadhafi are a potent threat to civilians. And they are looking at plans to expand the firepower and airborne surveillance systems in the military campaign, including using the Air Force's AC-130 gunship armed with cannons that shoot from the side doors, as well as helicopters and drones.


Cultural, historical differences divide country
The rebellion in Libya is about more than just ousting Moammar Gadhafi. It also reflects differences between the two most populous regions, which have historically been rivals for power.
Rebel-held city
Contested city
Major airfield
Oil field/pipeline
Natural gas field/pipeline
Tripolitania
Libya's smallest but most populous region has cultural ties to nearby Tunisia, Algeria and Morocco; it is Gadhafi's home region and site of Libya's capital and political power base
Fezzan
Tribalism predominates in this sparsely populated desert region, which has cultural ties extending into sub-Saharan Africa; non-Arab ethnic groups, such as the Amazigh, or Berbers, opposed the regime before the current rebellion
Cyrenaica
Country's eastern and second most populous region has strong cultural ties to Egypt and was home to its monarchy until Gadhafi seized power in 1969; Benghazi, its largest city, was the base of Libya's anti-colonial insurgency prior to World War II and today is the center of anti-Gadhafi forces
Mediterranean Sea
Gulf of Sidra
TUNISIA
ALGERIA
NIGER
CHAD
EGYPT
SUDAN
Zuwarah
Zawiya
Tripoli
Alezezia
Misrata
Bani Walid
Sirte
Ras Lanouf
Bin Jawwad
Brega
Zwitina
Ajdabiya
Benghazi
Derna
Al Bayda
Tobruk
El Adem
Awjilah
Jalu
Hun
Sabha
Awbari
Marzuq
Ghat
Tazirbu
Al Kufra
The country
• Size 679,362 square miles, slightly larger than Alaska
• Arable land 1%
• Population 6.6 million
• Ethnic groups Berber and Arab, 97%; other, 3%
• Literacy rate 82.6%
• Independence 1951, from U.N. trusteeship after Italy relinquished control in 1947
• Government type Authoritarian state
• Chief of state Moammar Gadhafi, since 1969
• GDP $89.0 billion (2010)
• GDP per capita $13,800 (2010)
• Unemployment rate 30% (2004, latest available)
• Key industries Oil, petrochemicals
• Internet users 353,900 (2009)
Largest cities 2005 estimates
Tripoli 1.2 million
Benghazi 651,000
Misrata 386,000
Alezezia 287,000
To the shores of Tripoli
In 1805, U.S. Marines led an invasion of Derna, Tripoli (now part of Libya) to defeat Barbary pirates threatening Mediterranean shipping; the event is immortalized by a line in "The Marines' Hymn" about fighting "From the Halls of Montezuma to the shores of Tripoli"
Oil production
In millions of barrels per day
2010 1.8 million barrels
2.1% of global output
2.0
1.5
1.0
0.5
1990
'95
'00
'05
'10
Oil exports by destination, Jan.-Nov. 2010
Italy 28%
Others 26% (including U.S.: 3%)
France 15%
Germany 10%
China 11%
Spain 10%
Military
Figures before start of rebellion
Personnel Total: 119,000
Army 50,000
Air Force 18,000
Navy 8,000
Revolutionary Guard Corps 3,000
Reserve People's Militia 40,000
Equipment
Army
Tanks 2,205
Artillery 2,421
Armored personnel carriers 945
Surface-to-air missiles 424
Air force
Fighter jets (MiG, Mirage) 227
Support helicopters 85
Attack helicopters 35
Navy
Submarines 2
Fast attack craft 14
Other boats 3
Source: Reuters, Foreign Affairs, Congressional Research Service, CIA World Factbook, U.S. State Department, GlobalSecurity.org, Energy Information Administration, news reports
Graphic: Adam Zoll, Chad Yoder, Phil Geib, Chicago Tribune
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WORLD BRIEFS

Impatient Palestinians eye Arab world in flux

RAMALLAH, West Bank (AP)—Could the Arab Spring pass over the Palestinians? With the peace process going nowhere, the threat of new violence increasing and the Palestinians badly divided, people in the West Bank and Gaza are surveying the rapid changes in the rest of the Arab world—and growing impatient with stagnation at home. In Ramallah, the seat of the Palestinian Authority, officials are quietly working on a plan: Going for statehood without agreement with Israel, bypassing the moribund peace process. First mooted last fall, the notion precedes the Arab revolts but has been lent even greater urgency by them.

Syrian port city rocked by unrest; tensions widen

DAMASCUS, Syria (AP)—A scenic seaside city echoed with gunfire Saturday as protesters defied government forces in Syria's second day of nationwide unrest, burning tires, attacking businesses and setting the offices of the ruling party aflame. At least two people were killed by rooftop snipers in the religiously mixed Mediterranean city of Latakia, officials said, and President Bashar Assad's government of minority Alawite Muslims blamed a major Sunni cleric in Qatar for inciting the unrest. The government also said demonstrators had attacked a police station and offices of the Baath party in the town of Tafas, six miles (10 kilometers) north of the southern border city of Daraa, the epicenter of more than a week of anti-government protests.

Talks on fate of Yemen's embattled president snag

SANAA, Yemen (AP)—Allies of Yemen's president and his political opponents failed to make progress Saturday in talks on a possible exit for the man who has led the nation through 32 years of growing poverty and conflict and whose rule is now deeply imperiled by a popular uprising. As the political turmoil deepened, there were signs that Islamic militants in the remote reaches of the country were seeking to make gains on the situation. Residents and witnesses in the small town of Jaar in the south said suspected al-Qaida militants moved down from an expanse of mountains on Saturday to seize control there a few weeks after police fled, setting up checkpoints and occupying vacant government buildings. President Ali Abdullah Saleh argued in a TV interview that without him, the country would be at grave risk of breaking apart.

Jimmy Carter to visit Jewish community in Cuba

HAVANA (AP)—Former U.S. President Jimmy Carter is scheduled to meet with Jewish leaders shortly after arriving in Cuba Monday, suggesting that his visit will deal partly with the case of a U.S. contractor whose conviction has further dented relations between Havana and Washington. An agenda released Saturday by Cuba's Foreign Relations Ministry says Carter is to visit a Jewish institution. The imprisoned contractor, Alan Gross, had said he was trying to improve internet access for the small Jewish community when he was arrested in December 2009. The agenda indicates Carter also is scheduled to meet with Cuban President Raul Castro as well as Roman Catholic Cardinal Jaime Ortega before leaving on Wednesday.

Focus

'Brain waste' thwarts immigrants' career dreams

By DEEPTI HAJELA
ASSOCIATED PRESS

NEW YORK (AP)—After finishing medical school in Bogota, Colombia, Maria Anjelica Montenegro did it all—obstetrics, pediatrics, emergency medicine, even surgery. By her estimate, she worked with thousands of patients.

None of that prepared her for the jobs she's had since she moved to the United States: Sales clerk. Babysitter. Medical assistant.

That last one definitely rubbed raw at times.

"I know I was working in my field," the 34-year-old New York resident said. "But that is medical assistant. I'm a doctor

Montenegro is hardly unique, given the high U.S. unemployment rate these days. Her situation reflects a trend that some researchers call "brain waste"—a term applied to immigrants who were skilled professionals in their home countries, yet are stymied in their efforts to find work in the U.S. that makes full use of their education or training. Most of these immigrants wind up underemployed because of barriers like language, lack of access to job networks, or credentialing requirements that are different from those in other countries. Some are held back even further because they're also in the U.S. illegally.

An analysis by researchers at the Migration Policy Institute, an immigration think tank, estimated that 1.2 million college-educated immigrants in the United States were underemployed, out of a population of 6.7 million. About another 350,000 were unemployed. The analysis, based on data from the Census Bureau's 2009 American Community Survey, did not differentiate between legal and illegal immigrants.

Brain waste has consequences for immigrants as well as American employers and the larger economy, said Jeanne Batalova, policy analyst at the institute and co-author of a study on the issue.

For immigrants, it means bringing home less money than they have the potential to earn. For employers, it means fewer skilled applicants in their hiring pools. For the country overall, it means a missed opportunity to leverage already trained professionals in areas where there may be a desperate need for them.

There's a "loss when human talent and potential is not maximized in the fullest," Batalova said.

Mohan Singh, 55, thought moving to the United States would be a smooth transition. Born and raised in India, he left his home country for Kuwait, where he worked in air conditioning and elevator maintenance. He lived in Kuwait for 25 years, started his own company and was successful enough to send his daughter and son to college in the United States.

At their urging, Singh came to the U.S. in 2000. He said he thought "that I'll be getting the same job, I'll be getting into a good field, make a good life."

It took seven years to complete the paperwork that allowed Singh to work here legally. When he applied for jobs, would-be employers focused on the fact that Singh had not worked in his field in the United States.

"They cancel all my experience," he said.

He now spends 12 hours a day, seven days a week, behind the wheel of a taxicab. It's a far cry from the work he's done for much of his life, Singh said, and the wages are much lower than those he once brought home. The whole experience has soured him on the idea of staying in America. He plans to move back to India in a couple of years, when his son is done with his post-graduate work.

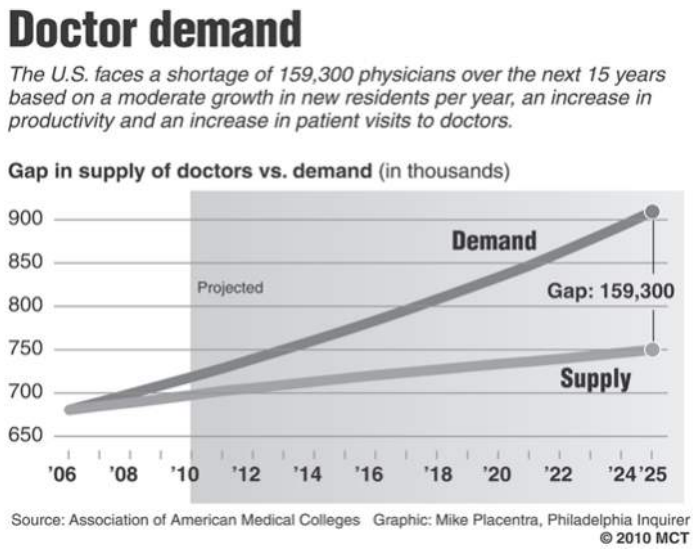
AP
In this March 9, 2011 photo, Maria Montenegro, originally from Colombia, poses for a picture in New York.

"I used to have money, I used to have good life," Singh said. "Over here, I'm hand to mouth."

Nikki Cicerani, executive director of Upwardly Global, a nonprofit organization that helps legal immigrants find work in their chosen professions, said typically, immigrants come from environments where job-seeking is done differently. They may not know how to navigate the system, whether it's building a network to learn about job openings or having a resume formatted in a way that is familiar to American employers.

Interviewing can be especially tricky. "In many other countries, the resume and the educational experience is the clincher," Cicerani said, "whereas in the United States, the interview is make it or break it."

American employers can also have difficulty figuring out if an immigrant would be the kind of employee they are seeking, absent a ready way of understanding how foreign educational or professional expertise translates in the U.S. job market, Cicerani said.



"They're not really clear how to evaluate a foreign degree against a U.S.-educated candidate," she said.

Montenegro came to the United States in 2004 to care for her mother, who had been diagnosed with breast cancer. She stayed after marrying a man she met here, and became an American citizen. She now lives in the New York borough of Queens with her husband and two children.

Language was the first barrier that Montenegro encountered. She needed to improve her English, but she also needed to work. She took a job as a sales clerk in a local mall, and even though it felt strange to be a medical professional working in retail, she said, the position at least helped her polish her language skills.

Then came larger hurdles that no amount of perfect English could surmount. There's a series of exams, the first of which cost $1,000 alone, Montenegro said. She also has to complete a residency, a requirement for all graduates of American medical schools. There are a limited number of residency slots overall which makes it a very competitive process for everyone, but even more so for foreign medical school graduates.

Montenegro has one more exam to pass before she can apply for a residency, a process that will take at least a year or two. There's no guarantee that she'll be accepted for a residency; At times, she fears she may never work as a doctor here.

"So many times I want to get my things and my passport and go back to my country," Montenegro said. Over the years, she heard stories about the lifestyles her doctor friends in Colombia were able to afford as she worked at various low-wage jobs.

While Montenegro agrees that her credentials and her ability to provide good health care should be vetted before she's allowed to work in this country, she thinks having to train as a general practitioner all over again when she already has experience is a waste—especially for the U.S., she said, because she speaks fluent Spanish and could be an asset in any Spanish-speaking community in need of a doctor.

"I'm ready to do that and help people," she said.

Cuban doctors struggle to prove credentials in US

MIAMI (AP)—Roberto Carmona sneaked away from his superiors disguised as a South African cowboy. While working in Namibia, the doctor donned boots and a big hat so he could slip out to the American Embassy, where he asked about qualifying for a special program for Cuban physicians that he hoped would let him defect to the U.S.

Nearly a year later, he was accepted, just days before his overseas job ended. Carmona fled to Tampa, but escaping his homeland turned out to be the easy part.

Carmona and a number of other Cuban physicians who defected while on overseas assignments have confronted a frustrating contradiction in American medicine: They were allowed into the U.S. because they are doctors. But, once here, they cannot treat patients because Cuba has refused to release or certify their academic records.

Without transcripts, it's nearly impossible for the doctors to take the required medical board exams and to get approval from the U.S. group that accredits foreign physicians.

"To come to this country, we have to spend so much time demonstrating to U.S. immigration officials we are doctors and show them so many documents," Carmona said. "Then why is it once we are here, they don't believe us and make it so difficult for us to work in our profession?"

Cuba, which views the defectors as traitors, pays for its doctors' training and has for years sent them on goodwill missions abroad to provide free health care in poor countries.

In 2006, the U.S. created a special visa program specifically for Cubans on those missions, and more than 1,500 Cuban doctors, dentists and other medical professionals have used the visas to flee to the U.S., according to the State Department.

It's unclear how many doctors face the same problem as Carmona. The Educational Commission for Foreign Medical Graduates, a private nonprofit that oversees the accrediting process, said at least 20 have asked for waivers because of problems getting documents. And the numbers are likely to grow.

Emilio Gonzalez, former head of U.S. Citizenship and Immigration Services who helped create the Cuban Medical Professional Parole Program, said the problem was relatively new. He suggested allowing doctors to begin residency programs or other retraining as they await approval to take the boards.

"There is a credentialing problem," Gonzalez said. But, he added, "there are ways to be creative."

Even when paperwork is readily available, the American accreditation system for foreign doctors is difficult. They must pass three lengthy exams in English, which often cost thousands of dollars. But without academic transcripts, they cannot prove they studied medicine.

Carmona was among a half-dozen Cuban doctors interviewed by The Associated Press about their decision to defect while working abroad—a move that risks not seeing loved ones again for many years. The doctors are allowed to stay in the U.S. regardless of whether they practice medicine. The federal government's "wet-foot, dry-foot" policy says any Cuban who makes it to American shores can remain in the country.

Some became disillusioned with Cuba's communist system and left to escape economic and political repression. Others were frustrated by poor living and working conditions in their host country.

The defectors described taking extreme steps, like Carmona's cowboy getup, to avoid raising the suspicion of Cuban and local officials. Most spoke on condition of anonymity, fearing retribution against family in Cuba or further problems in obtaining transcripts. Some have yet to apply for accreditation.

Carmona said he became disillusioned with the Cuban system in medical school when he saw doctors paid $25 a month and forced to moonlight in other jobs to buy food when government rations ran out.

His application was denied to work in Venezuela, where the Cuban government has sent more than 30,000 health professionals in exchange for subsidized oil shipments. Then in 2007, he was offered a post in Namibia on the West African coast just north of South Africa.

At the time, his girlfriend was four months' pregnant and had already requested a U.S. visa through a separate process. It seemed his only chance to leave.

Health & Fitness

Eating local colors

Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.

We often make mistakes in assuming that eating healthy is difficult on Saipan due to the expensive price or the unavailability of produce at the supermarkets. What we don't realize is that Saipan has a wide variety of affordable fruits and vegetables that can meet your daily nutrient needs. Most can be bought at the Saipan Sabalu Farmer's Market and at the local grocery stores; and some can be picked for free from the backyard, the jungle, or the roadside.

All fruits and vegetables contain fiber, vitamins, minerals, and other antioxidants and phytochemicals that promote regular bodily functions and that provide protection against certain diseases. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients. If you focus on getting different colors into your diet rather than different types of produce, it will be easier to get the variety that you need.

Red fruits and vegetables are colored by natural plant pigments called "lycopene." Lycopene in tomatoes and watermelon, for example, may help reduce risk of several types of cancer, especially prostate cancer. Lycopene in foods containing cooked tomatoes, such as spaghetti sauce, and a small amount of fat are absorbed better than lycopene from raw tomatoes.

Some local examples of the red group include:

- Tomato
- Watermelon

Orange/yellow fruits and vegetables are usually colored by natural plant pigments called "carotenoids." Beta-carotene in sweet potatoes, pumpkins and carrots is converted to vitamin A, which helps maintain healthy mucous membranes and healthy eyes.

Citrus fruits like oranges are not a good source of vitamin A, but they are an excellent source of vitamin C and folate, a B vitamin that helps reduce risk of birth defects.

Some local examples of the orange/yellow group include:

- Cantaloupe
- Cassava roots(Tapioca)
- Jack Fruit
- Lemons
- Mangoes
- Oranges
- Papayas
- Passion fruit
- Pineapple
- Pumpkin
- Star apples
- Sweet corn
- Sweet potatoes
- Tangerines

Green fruits and vegetables are colored by natural plant pigment called "chlorophyll." Some members of the green group contain lutein**.** Lutein works with another chemical, zeaxanthin, found in corn, red peppers, oranges, grapes and egg yolks to help keep eyes healthy. Together, these chemicals may help reduce risk of cataracts and age-related macular degeneration, which can lead to blindness if untreated.

Leafy greens such as spinach and broccoli are excellent sources of folate, a B vitamin that helps reduce risk of birth defects.

Some local examples of the green group include:

- Avocados
- Green beans
- Chinese broccoli
- Green cabbage
- Cucumbers
- Honeydew melon
- Lettuce
- Limes
- Green onions
- Green pepper
- Kang kong
- Okra
- Wing beans

Blue/purple fruits and vegetables are colored by natural plant pigments called "anthocyanins." Anthocyanins act as powerful antioxidants that protect cells from damage. They may help reduce risk of cancer, stroke and heart disease.

These are some local examples of the blue/purple group:

- Eggplants
- Sweet Potatoes
- Dragon Fruit

White fruits and vegetables are colored by pigments called "anthoxanthins." They may contain health-promoting chemicals such as allicin, which may help lower cholesterol and blood pressure and may help reduce risk of stomach cancer and heart disease.

Some examples of the white group include:

- Bananas
- Taro
- Sour Sop
- Ates

For more information on Fruits and Vegetable Benefits, visit www.fruitsandveggiesmatter.gov. ***(PR)***

HEALTHY LUNCH PROMOS

SUBWAY

6" Turkey Breast Sub on 9-Grain Wheat Bread; Price $4; offered daily

Features lettuce, local tomato, local cucumber, bell pepper, red onions, pickles, olives, banana peppers, jalapenos.

OLEAI BEACH BAR & GRILL

Grilled Tuna Salad; Price $8; offered daily

Features lettuce, local tomatoes, carrots, onions, bell peppers

KINPACHI RESTAURANT

Bento Lunch Special: Price $5; offered daily except Sundays

Monday: Chicken Teriyaki, sashimi, fruit, salad, coco, rice, napa soup

Tuesday: Chicken roll, chop-suey, seafood bbq, fruit, coco, rice

Wednesday: Yakitori, eggplant sautee, sashimi, coco, rice, buckwheat noodles in soup

Thursday: Grilled saba, hamburger with baked sweet potato, salad, coco, rice, bean sprout soup

Friday: Syabu-syabu, seafood bbq, bitter melon sautee, coco, rice, napa soup

Saturday: Yakitori, seafood kelaguen, tofu, coco, rice, buckwheat noodle in soup

Features local cucumbers, napa, local eggplants, pumpkin, local tomato, bell pepper, local bitter melon, tofu, fresh fruit

How to…eat more 'active' calories

By ALISON JOHNSON
DAILY PRESS (NEWPORT NEWS, VA.)

All calories are not created equal. Some require more energy to digest, giving you "a bigger bang for your buck," says Leslie Bonci, registered dietitian, director of sports medicine at the University of Pittsburgh Medical Center and an author of the upcoming book *The Active Calorie Diet*. Some tips:

Eat plenty of low-fat protein. Digesting these foods requires the most calorie burn. Just keep choices healthy: lean meats, eggs and low-fat dairy products, for example, not fatty cheeseburgers.

Focus on fiber. Fiber-rich foods place second on the active calorie scale. Load up fresh vegetables and fruits—with the skin on—beans, bran cereals and whole-wheat products, including breads.

Go for chewy. Your mouth, the first stop in the digestive process, will have to work harder. Choose whole fruit versus fruit juice and toss extra beans or broccoli into soups and stir-fries.

Add spice. Including items such as crushed peppers, wasabi and hot sauce at most meals likely will burn 10 to 20 extra calories a day thanks to a compound called capsaicin—not a lot, but it adds up over time. If you can't tolerate spice, try cinnamon, garlic, ginger or cloves and use vinegar as a marinade.

Drink green tea. Brew it yourself, hot or cold, to take advantage of a metabolism-revving substance in tea leaves (just don't ruin it with lots of sugar). As for coffee: caffeine, a central nervous stimulant, also can help torch a few calories.

Cook more. Opening a package burns almost zero calories—much less than preparing meals from scratch.

Beware non-active calories. Cookies and pastries, chips, sodas and highly processed meats such as hot dogs and chicken nuggets are easily digested and most likely to be stored as fat.

Personal Trainer
Do milk and exercise mix well?
Coaches, athletes and people who exercise have long debated whether drinking milk can hurt performance.
Benefits from milk
• Milk contains carbohydrates, protein and calcium – important nutrients for active people
• Low-fat milk is widely available
• Milk sugar (lactose) digests slowly, so milk does not cause a sudden rise in blood sugar the way many high-carbohydrate foods do
Problems from milk
• Milk causes diarrhea, gas, bloating or sour stomach in people with lactose intolerance
• Milk proteins coat the throat and esophagus, promoting phlegm production
To prevent this, drink water or juice after milk or consume yogurt instead of milk
• Milk digests slowly, and it sometimes causes stomach distress if a person exercises within 2 or 3 hours of drinking milk
Conclusion
Drinking milk before or after exercising is often helpful, but avoid milk just before a workout
Source: Jane Foos of Red Cedar Clinic-Mayo Health System
© 2010 MCT Graphic: Paul Trap

Life & Style

QUAKE AND BLOSSOMS:
Japan's reminder of mortality

AP

In this March 20, 2011 file photo, Ritsuko Oikawa, 84, walks in the rubble towards the ruins of her house in the March 11 earthquake and tsunami-stricken city of Rikuzentakata, Iwate Prefecture. The cherry trees will soon blossom in Japan.

TOKYO (AP)—The cherry trees will soon blossom in Japan.

For the Japanese, it will be a particularly poignant sight. Even in normal times, the flowers are a cause for rejoicing tinged with sadness, because they fall at the moment of their greatest beauty. They are the embodiment of a notion that is central to Japanese culture—"hakanasa," a hard-to-translate word that conveys the fragility, or evanescence, of life.

For Japan, this sense of transience is also a source of strength.

In this time of national grieving, the cherry blossoms will bring home the awareness of hakanasa with a strange kind of force—one that doesn't strike but sinks into the soul like heat from a hot spring or fire from a sake bottle, bringing sorrow and solace in equal measure. The fragility of technologically-advanced Japan was exposed in the most terrifying way in the earthquake and tsunami that devastated the northeast, leaving nearly 10,000 people dead, some 17,500 missing and about a half-million homeless, and spawning a nuclear disaster.

Hiroyuki Yoneta, a monger at Tokyo's bustling Tsukiji fish market, reflected on life's frailty as he took a break from loading crab and shrimp onto his rickety stall a couple hours before his 4 a.m. opening time.

"Thinking about how these people living normal lives suddenly disappeared, you can't escape the feeling that humans, like the flowers, are transient things," Yoneta said.

But consider this Japanese paradox: the delicate cherry blossom was also the symbol of the samurai, the epitome of Japanese valor.

The warrior class liked the flowers because they didn't cling to life, but rather showed up for the briefest spell, and fell at the peak of their splendor. In this way, they embodied the spirit of "bushido"—the way of the warrior that combines stoicism, bravery, and self-sacrifice.

These days, people invoke bushido less often than the common man's down-to-earth version—"gaman." It means gritting your teeth and just getting on with life. When people refer to Japan's salarymen as modern-day samurai, it's taken not so much in a swashbuckling sense but for the way these men in suits endure crushing, monotonous toil, and display unwavering loyalty to a common cause.

And amid death, people of all stripes here are plowing ahead with life, in an orderly and cooperative way. Many are already starting to return to the sites of their devastated homes, and thinking cool-headedly about how to start over amid Japan's biggest catastrophe since World War II.

Scenes of gaman abound: the homeless family sitting around a makeshift fire as snow falls at night, their stoic faces lit up by orange flames. The old man walking his bicycle through an ankle-high lake of mud, his son's wedding picture in the basket. Drivers waiting patiently in line for hours for scarce gasoline in quake-ravaged areas.

And so do stories of self-sacrifice.

Kennichi Takeuchi, 81, and his wife Yukiko, 78, have been living in their tiny black Mitsubishi car since the quake, amid snow and a biting wind—even though they're just outside a community center packed with refugees.

Yukiko has a bad leg and can't sleep on the hard wood floor inside. Kennichi, who's been married to Yukiko for 56 years, isn't about to seek the comfort of the center.

"We pass the time here in the car," said Yukiko, her dog Meg sitting on her lap. "It's not so bad."

The notions of hakanasa and gaman may also have roots in Japan's traditional awareness of humankind's powerlessness in the face of almighty nature. It's a lesson Japan may have started to forget as it put nuclear reactors on shores near faultlines, reclaimed land from Tokyo Bay to build airport extensions, and sent ever-higher buildings into the sky.

But this relationship with nature—a paradox of being at one with it while still in constant antagonism—remains deeply embedded in the Japanese mind.

Part of it has to do with the fact that Japan is so prone to natural disasters: Killer quakes and tsunamis have struck time and again in Japanese history. And time and again, the nation has rebuilt.

Anyone who has visited the ancient capital of Kyoto will know that Japan was for most of its history a culture of wooden buildings rather than brick-and-mortar. This tradition of wood brings the Japanese closer to nature—and, because wooden homes can be destroyed so easily, also makes them acutely aware of nature's force.

"The transience (hakanasa) of human life and the transience of buildings are both caught in mutability's immeasurable vortex of sadness," the novelist Keiichiro Hirano wrote in an essay titled "On Mutability."

This year, that sadness will be driven home by the fact so many thousands will never see another "hanami" season—as cherry blossom viewing is known here.

Bret Michaels sues Tony Awards over 2009 mishap

LOS ANGELES (AP)—Bret Michaels sued CBS Broadcasting and the organizers of the Tony Awards on Friday over a 2009 mishap that resulted in him being hit in the head by a set piece, claiming the accident contributed to a brain hemorrhage that nearly killed him.

The Poison frontman's lawsuit claims he continues to deal with effects from the injury and brain bleeding that left him hospitalized last year.

Michaels

"Through his sheer will to live, to see his children grow up, Michaels was able to survive this trauma," his lawsuit states.

Michaels and Poison performed at the Tony Awards in June 2009 and the singer suffered a busted lip and broken nose when he was whacked by a piece of scenery.

He claims show organizers never explained that the set would be changing after the band performed, "Nothin' But a Good Time." He also claims the show could have prevented the incident from airing, but chose not to.

Footage of the accident quickly became a viral hit on the Internet, and Michaels' lawsuit claims clips have been viewed more than 27 million times on YouTube.

Michaels was hospitalized in April 2010 and doctors found he had a brain hemorrhage and he later suffered a warning stroke, which the musician says nearly killed him.

"Michaels was never told that the scenery piece would be descending or given any warning of the existence of the dangers it presented," the lawsuit states.

CBS declined comment and has a policy not to respond to lawsuits outside of court.

Phone and e-mail messages left for spokespeople for the Tony Awards were not immediately returned Friday evening.

Within days of the accident, Michaels expressed dismay that Tony organizers hadn't shown more concern about the incident.

"The Tony Awards dropped a piece of the stage on Bret's head, and then instead of doing the right thing, joked about it and played it off for ratings," Michaels' attorney Alex Weingarten wrote in a statement.

Saudi prince is behind disputed LA mega-mansion

LOS ANGELES (AP)—A Saudi prince is the previously unidentified owner of a proposed mega-mansion site that has been the subject of gold-plated protest in the wealthy neighborhoods around Beverly Hills, the property's previous owner said Friday.

Prince Abdulaziz ibn Abdullah ibn Abdulaziz Al Saud—one of the sons of Saudi King Abdullah—in 2009 bought the three adjacent parcels with the famous 90210 zip code in Benedict Canyon, where the massive mansion on Tower Lane that is roughly the size of the famed Hearst Castle is set to be built, movie producer Jon Peters told the Los Angeles Times.

The prince paid $12 million for the 5.2 acre hillside lot, set up a business, Tower Lane Properties Inc. in London, and made lawyers and contractors sign secrecy agreements to hide his identity.

Residents of the neighborhood that is home to Jay Leno, David Beckham and Bruce Springsteen, held a news conference earlier in the week to publicize their objections to the palatial home.

They complained that the project is oversized for the narrow streets, that years of construction will destroy their quality of life and that the proposal would create mudslide and fire hazards.

"I warned the prince that he was surrounded by very powerful neighbors and that he should be extremely careful in what he proposes to build," said Jarrett Hedborg, a Los Angeles interior designer who has worked on residences for Prince Abdulaziz in Saudi Arabia, Paris and Beverly Park and consulted on the new mansion.

"Working for the prince for 20 years, I knew his taste," Hedborg told the Times. "He had expressed to me that he wanted a house that evoked old classic California Spanish architecture."

Residents said the compound's size—a 42,681-square-foot house, a 27,000-square-foot villa, a guest house, staff quarters and a gatehouse—doesn't fit in with the neighborhood of stately mansions, with one neighbor complaining that the pool is bigger than his house.

They have formed a group called Save Benedict Canyon, put up a website and gone door-to-door to let their neighbors know about the proposal.

They said city planners need to put the project through a rigorous environmental review and planned to show up with lawyers at the next planning commission meeting April 14.

Comedy Awards hail Letterman, Fey and 'South Park'

NEW YORK (AP)—David Letterman, Tina Fey and Louis C.K. were among the laugh-getters honored Saturday night at the first annual Comedy Awards.

At the presentation held by Comedy Central, Alec Baldwin ("30 Rock") and Kristen Wiig ("Saturday Night Live") won as Best Comedy Actor and Actress in Television.

Tina Fey ("Date Night") and Zach Galifianakis ("Dinner for Schmucks") were awarded Best Comedy Actress and Actor in Film.

"Modern Family" received the award for Best Comedy Series, while "The Other Guys" was named Best Comedy Film.

"The Daily Show with Jon Stewart" won for Best Late-Night Comedy Series, "South Park" for Animated Comedy Series and "Toy Story 3" for Animated Comedy Film.

"Louis C.K.: Hilarious" won for Best Standup Special and "Childrens Hospital" received the award for Sketch Comedy-Alternative Comedy Series.

Daniel Tosh was chosen by fans to receive the Breakthrough Performer award. "Auto-Tune the News: Bed Intruder Song" was elected by fans as Best Viral Original.

Eddie Murphy was honored with the previously announced Comedy Icon Award, while David Letterman received the night's highest honor as the first recipient of the Johnny Carson Award for Comedic Excellence.

The Comedy Awards will air on April 10 on Comedy Central and other Viacom-owned networks including Nick at Nite, VH1 and TV Land.

Aretha Franklin celebrates her 69th birthday, in New York, Friday, March 25, 2011. AP

Franklin dances, sings at 69th birthday party

NEW YORK (AP)—Aretha Franklin proved her voice is still divine at 69 as she gave a brief but rousing performance at a swank birthday party in her honor.

Tony Bennett, Smokey Robinson, music mogul Clive Davis, Bette Midler and Gayle King were among the celebrities on hand to pay tribute to the Queen of Soul on Friday night at a late-night birthday party at a Central Park Hotel.

"It's a fabulous moment," said Franklin, showing off her noticeably thinner frame in a flowing white and gold gown as she sat at a table with several gifts.

Bennett, who called Franklin "one of a kind" was one of those who came with a present—and his was unique.

"I also paint, so she knows about that," he said. "A long time ago, she said, 'I'd love to have you do a painting of me,' and I remembered that, and when I heard I was coming here, I just knocked off a quick sketch tonight and gave it to her tonight."

More than 100 friends and family gathered to celebrate Franklin, who just a few months ago underwent surgery for an ailment she has declined to disclose. In recent weeks, she's made more public appearances and is set to resume her stage performances in May. At the party, Franklin seemed full of energy, greeting guests and dancing to the music.

Search for jury extended in case of Jackson doctor

LOS ANGELES (AP)—A judge concerned about finding enough jurors for the trial of Michael Jackson's doctor extended the search Friday, even after clearing 147 people who said they could spare the time for the anticipated two-month case.

Superior Court Judge Michael Pastor took the action after more than half of the 340 prospective jurors summoned Thursday for the trial of Dr. Conrad Murray were excused for hardships related to the length of the trial.

Pastor also suggested to lawyers in his chambers that an initial glance at jury questionnaires indicated many candidates might have to be eliminated because of strong views on the issues involved in the case.

Only three of the people in the first jury pool indicated they didn't know anything about the case.

The trial of Murray, a Houston cardiologist who has pleaded not guilty to involuntary manslaughter, is expected to draw worldwide attention.

Friday, Pastor emerged from a second day of meetings with lawyers in his chambers to screen written hardship forms and said, "I have to conclude we simply do not have a sufficient number of prescreened jurors. We do need an additional day of hardship screening."

ENTERTAINMENT TIDBITS

Major labels join for compilation for Japan

NEW YORK (AP)—The four major record labels have joined together to produce an all-star digital album to raise money for disaster-stricken Japan. "Songs for Japan" will feature Lady Gaga's No. 1 hit "Born This Way," John Lennon's classic "Imagine" and dozens more songs from acts ranging from Adele to Eminem. The compilation was announced Friday by Sony Entertainment Music, EMI Music and Universal Music Group and Warner Music Group. It's available starting Friday on iTunes for $9.99. Proceeds from the 38-track set will go to the Japanese Red Cross Society. A physical two-disc CD will be available early next month.

Robert Redford to throw 1st pitch at Cubs opener

CHICAGO (AP)—Veteran film actor Robert Redford will throw out the first pitch at Wrigley Field to open the Chicago Cubs season on April 1. The Cubs opening day program also includes the seventh-inning stretch singing of Ron Santo Jr., whose father was late Cubs announcer Ron Santo. Redford starred in the famous baseball movie "The Natural." The game against Pittsburgh starts at 1:20 p.m.

Last episode of 'The Oprah Winfrey Show' is May 25

CHICAGO (AP)—The final original episode of "The Oprah Winfrey Show" will air May 25. Winfrey's Chicago-based Harpo Productions confirmed the date Friday. Winfrey announced live on the show in November 2009 that she would end its run after 25 years. She since has launched cable's Oprah Winfrey Network. "The Oprah Winfrey Show" has been in reruns for the last few weeks. But Winfrey tweeted Thursday that she was "hard at work planning the final shows" and new episodes would begin April 7. The final episode brings an end to what has been television's top-rated talk show for more than two decades. It airs in 145 countries worldwide.

LA names new school for teacher honored in film

LOS ANGELES (AP)—A Los Angeles-area school has been named for late calculus teacher Jaime Escalante, whose story about pushing underachieving students to succeed was chronicled in the 1988 hit movie "Stand and Deliver." A ceremony to name the new kindergarten to sixth-grade facility the Jaime Escalante Elementary School was held on Saturday. The school is a new facility that serves 600 pupils in Cudahy, a suburb southeast of downtown Los Angeles. The family of Escalante, who died a year ago of cancer, attended the ceremony, along with several of his former students. The Bolivian-born Escalante taught math at Garfield High School in East Los Angeles from 1974 to 1991. He is remembered for his philosophy that every student is capable of high achievement, regardless of their circumstances.

Courtney Love's band Hole to gather for screening

NEW YORK (AP)—Courtney Love's 1990s rock band Hole will gather publicly for the first time in over a decade. The group's original members will attend the screening of David Ebersole's documentary on former Hole drummer Patty Schemel on Monday at the Museum of Modern Art. The film, "Hit So Hard," is screening as part of the Film Society of Lincoln Center's annual New Directors/New Films series. Band members Love, Schemel, Eric Erlandson and Melissa auf der Maur will sit with Ebersole for a Q&A following the screening. Hole released three albums in the `90s before splitting up in 2002. Love released a 2010 album, "Nobody's Daughter," under the Hole name. Erlandson disputed that Love could claim the name without his involvement.

It takes two for a wedding, so include the groom in plans

By ABIGAIL VAN BUREN
UNIVERSAL PRESS SYNDICATE

Dear Abby

DEAR ABBY: I'm the mother of four boys in their 20s. None of my sons is married yet, but because they are reaching the age where they might be soon, I have been paying attention to how weddings were planned and carried out by our friends' children—all of whom are married.

What's bothering me is, it seems to be all about the girl. The guys and their parents seem to be left out of almost everything. I assumed that in this day and age, where many wedding expenses are shared by both sets of parents, that the groom and his parents would be more involved.

The purpose of this letter is to remind parents of daughters that this is a big day for the groom and his parents, too. Please be considerate and include them in the planning decisions and pre-wedding activities.

IT'S OUR BIG DAY TOO!

DEAR I.O.B.D.T.!: If you are sharing the expenses, you should make it clear—with a smile—that because you are helping to pay for the event, you expect to be included in the planning and pre-wedding activities. Got it?

DEAR ABBY: Every year on my birthday I would send my mother flowers. I did it for more than 25 years because of something I read as a young man in the Dear Abby column.

Mom passed away last year. So, in addition to the flowers I will place on her grave this year, I thought I'd share with all your readers this wonderful gift I received from your column. Every year it brought joy to my mother to receive my bouquet with a note of thanks for all that she had done for me.

Mom was kind, gentle, beautiful, loving and an inspiration to many. I miss her very much. I hope my letter will inspire other readers to remember their mothers the same way, and realize how precious and priceless our time with them is. Thank you for MY birthday, Mom! Rest in peace.

JOSEPH IN SAN DIEGO

DEAR JOSEPH: I'm sorry for your loss. Your mother obviously raised a son with all her sterling qualities. I'm pleased the idea you took to heart when my mother wrote this column brought joy to your mother and was meaningful to you. Thank you for writing.

DEAR ABBY: At the end of last year you printed a letter from a reader asking whether it would be rude to ask that a letter of recommendation that contained typographical errors be retyped. You advised that it wouldn't be rude to ask, and the mistake should be corrected.

When my son was to receive his Eagle Scout honor, I sent a letter to his hero, Donald Trump, asking if he might write a short letter of recognition for his accomplishment. Mr. Trump's reply came within a week, along with an autographed picture. Unfortunately, there was an error in the letter. We called and spoke to his secretary, who was extremely gracious, corrected the letter and walked it right in to Mr. Trump. It was sent the same day.

They appreciated our contacting them rather than presenting a less than perfect letter. With computers, correspondence is saved and easily corrected. When letters of this kind are done correctly, in a professional manner, they reflect equally well on a job applicant as well as the person who wrote it.

PROUD MOM IN NEW YORK

DEAR PROUD MOM: Anyone can make a typographical error, and the fact that Donald Trump and his staff corrected the mistake quickly and efficiently is a lesson for everyone who wants to succeed in business—and in life.

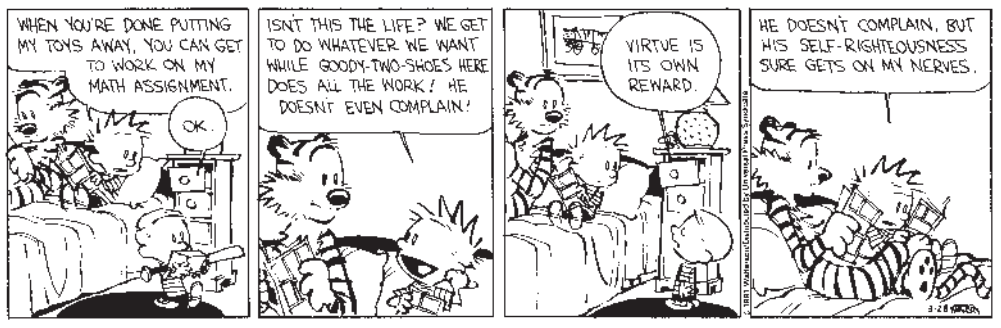
Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

What teens need to know about sex, drugs, AIDS and getting along with peers and parents is in "What Every Teen Should Know." To order, send a business-sized, self-addressed envelope, plus check or money order for $6 (U.S. funds) to: Dear Abby —Teen Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Postage is included in the price.)

Pastimes

Calvin and Hobbes

By Bill Waterson


WHEN YOU'RE DONE PUTTING MY TOYS AWAY, YOU CAN GET TO WORK ON MY MATH ASSIGNMENT.
OK.
ISN'T THIS THE LIFE? WE GET TO DO WHATEVER WE WANT WHILE GOODY-TWO-SHOES HERE DOES ALL THE WORK! HE DOESN'T EVEN COMPLAIN!
VIRTUE IS ITS OWN REWARD.
HE DOESN'T COMPLAIN, BUT HIS SELF-RIGHTEOUSNESS SURE GETS ON MY NERVES.

Garfield®

By Jim Davis

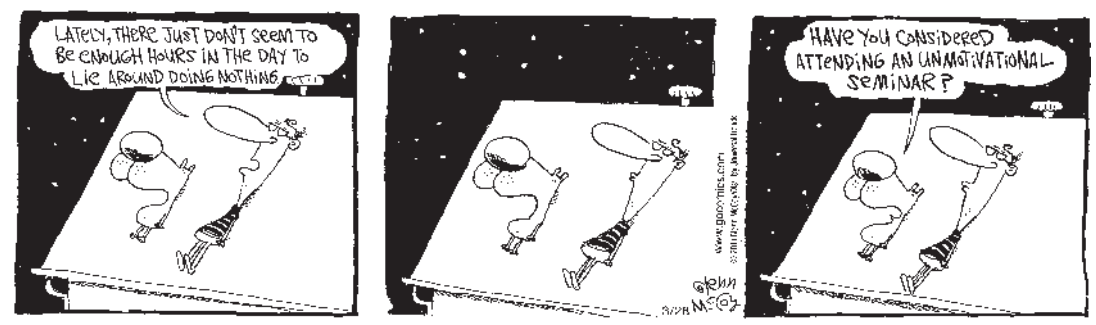
Adam@home

By Bryan Basset

MAN, I AM SO WIPED OUT AFTER GETTING THOSE KIDS TO BED.
ME, TOO.
I DON'T REMEMBER MY PARENTS DOING SO MUCH FOR ME.
ME, NEITHER.
DO YOU EVER WORRY THAT WE DO TOO MUCH FOR THEM?
THAT'S WHY WE'RE HERE, HONEY.
ON EARTH... OR THE BED?
BOTH.

The Duplex

By Glenn McCoy


LATELY, THERE JUST DON'T SEEM TO BE ENOUGH HOURS IN THE DAY TO LIE AROUND DOING NOTHING
HAVE YOU CONSIDERED ATTENDING AN UNMOTIVATIONAL SEMINAR?

CROSSWORD

By Eugene Sheffer

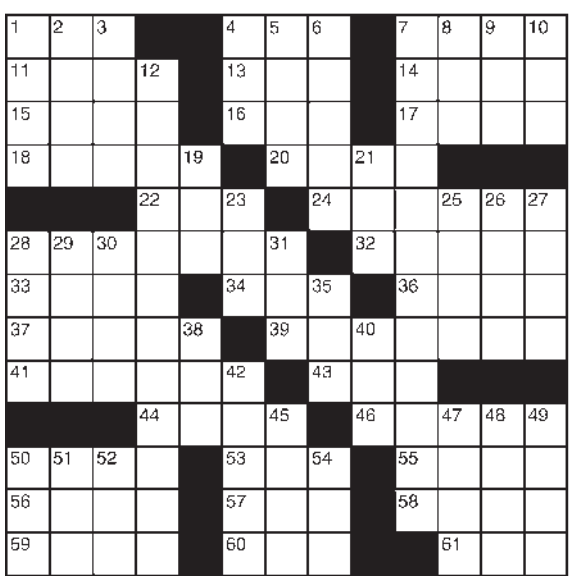
ACROSS
1 Puncturing tool
4 Hooter
7 Vatican VIP
11 Bloke
13 — Beta Kappa
14 Acknowledge
15 Head's opposite
16 Up to, briefly
17 — of Good Hope
18 Backpack part
20 Stare stupidly
22 Sweet potato
24 Pizza need
28 Olympic spear
32 "Strange as it seems, ..."
33 On the rocks
34 Slight touch
36 Chills and fever
37 Mercenary
39 First AFL president, Samuel
41 Purim heroine
43 Thee
44 Mormon state
46 Vestibule
50 — the Terrible
53 Bowling target
55 — En-lai
56 Platter
57 Anger
58 Island dance
59 Egyptian cross
60 Morning moisture
61 See 3-Down

DOWN
1 Performances
2 "Eh?"
3 Bear's hideaway
4 Choose, with "for"
5 Fillmore, for one
6 Light-purple shade
7 Was potent
8 Eggs
9 Soda
10 Ram's ma'am
12 Was guided by intuition
19 Chum
21 "— cares?"
23 Central
25 Rim
26 Insult
27 Sightseers?
28 Nonsense talk
29 Experts
30 Let it all out
31 Kvetch
35 Lad
38 Allow
40 Curly's brother
42 Fast
45 Employ
47 Dull sound of impact
48 Portrayal
49 Money of China
50 Gilbert and Sullivan princess
51 Actor Diesel
52 Request
54 Fresh

Solution time: 24 mins.

	S	C	A	M	P		O	K	R	A	S	
S	T	U	P	O	R		S	N	O	O	P	Y
V	O	R	E	N	O		M	O	D	U	L	O
I	L	L		K	A	B	O	B		D	I	Y
I	F	F	K		M	A	S		T	A	C	O
E	N	D	U	P		T	I	R	A	D	E	S
			L	A	C		S	I	R			
C	A	T	A	L	O	G		M	A	R	C	S
L	U	R	K		N	E	T		S	E	A	T
I	R	E		I	N	L	E	T		F	R	O
V	O	N	A	C	O		M	O	J	I	T	O
B	U	C	K	E	T		P	E	A	L	E	D
	S	H	A	D	F		I	D	Y	L	L	

Saturday's answer 3-28



STUMPED? For answers to today's crossword, call **1-900-226-5955**! 99¢ per minute, touch-tone/rotary phones. (18– only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Lady Gaga, 25; Julia Stiles, 30; Vince Vaughn, 41; Reba McEntire, 56

Happy Birthday: Getting in touch with the people, activities or groups that you enjoy most should take top priority this year. Making a move to better suit your personal and professional needs will bring about the type of success you crave. Uncertainty can be dealt with quickly if you are ready to give as much as you want in return. Your numbers are 7, 15, 21, 23, 26, 35, 47

ARIES (*March 21-April 19*): The greater emphasis should be on staying out of trouble, not forcing your will on others. Strive to do a good job in the shortest amount of time. Let your intuition guide you and control your impulsiveness. ✪✪✪✪

TAURUS (*April 20-May 20*): You'll have to be careful not to step on someone's toes. Back off if you feel you are agitating a situation. Be supportive instead of trying to take over. Relax and live in the moment. ✪✪

GEMINI (*May 21-June 20*): As long as you don't mix business with pleasure, you will skyrocket to victory. Choose your battles wisely. Discipline will be your answer to getting what needs to be done out of the way. Don't underestimate the competition. ✪✪✪✪✪

CANCER (*June 21-July 22*): Watch your back. Not everyone will be in your corner or be willing to help you excel. Move forward at your own pace and control whatever situation you face. Taking on someone else's burden will slow you down. ✪✪✪

LEO (*July 23-Aug. 22*): Being passionate about what you do or about your beliefs may cause friction. Most others, however, will be drawn to your conviction, determination and aggressive approach to making a difference. Positive change is heading your way. ✪✪✪

VIRGO (*Aug. 23-Sept. 22*): Refuse to let anyone dictate what you do or how you invest your time and money. Make very clear what your choice is going to be, regardless of what anyone else does. Don't let uncertainty stand in the way of your future goals. ✪✪✪

LIBRA (*Sept. 23-Oct. 22*): You will surprise everyone if you make a decision regarding your personal or professional partnership. Call the shots and make your point heard. A new opportunity is within reach and should be taken advantage of. ✪✪✪✪✪

SCORPIO (*Oct. 23-Nov. 21*): Before you talk about your plans or ideas, listen to what others have to say. You don't want to give anyone the upper hand or the ability to take advantage of the research and hard work you have put into development. Use your time wisely. ✪✪

SAGITTARIUS (*Nov. 22-Dec. 21*): Someone is likely to become angry with you if you are too open about your relationships with others. Focus more on home and family. Putting a positive spin on whatever develops is the only way to victory. Don't let a personal relationship hold you back. ✪✪✪✪

CAPRICORN (*Dec. 22-Jan. 19*): Don't be too sure that everyone is going to abide by your rules or listen to what you have to say. Friction is apparent, leading to uncertainty and problems when dealing with friends, relatives or authority figures. Stick to what you know and do best. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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AQUARIUS (*Jan. 20-Feb. 18*): Put everything in perspective and do what needs to be done. You can make a difference to your future by using your past as a reference. Stabilize your financial situation by budgeting wisely. ✪✪✪

PISCES (*Feb. 19-March 20*): Keeping a secret can turn into a sorrowful situation. Before you walk away from any situation you face, make sure you have been honest about the way you feel and what you expect to accomplish. Doubt will be your demise. ✪✪✪✪

Birthday Baby: You are playful, aggressive and concerned with helping others. You are creative, expressive and charming.

Eugenia's Web sites: ***eugenialast.com*** *for confidential consultations,* ***myspace.com/eugenialast*** *for Eugenia's blog,* ***astroadvice.com*** *for fun*

SUDOKU

Conceptis Sudoku *By Dave Green*

	4			2	9			
			5		6			2
		3	4	7		8		
2	5					7	9	
7		9		4		5		1
	6	1					4	8
		6		9	2	1		
9			7		5			
			6	8			3	

Difficulty Level ★ 3/28

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Saturday's SUDOKU Answer

6	7	9	4	5	3	1	2	8
4	8	2	9	1	7	5	3	6
3	1	5	8	2	6	4	7	9
8	4	3	7	6	2	9	1	5
5	2	6	3	9	1	7	8	4
7	9	1	5	8	4	3	6	2
1	3	8	6	4	9	2	5	7
9	6	7	2	3	5	8	4	1
2	5	4	1	7	8	6	9	3

Difficulty Level ★★★★ 3/28

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WONDERWORD®

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally, even backward. Find them and **CIRCLE THEIR LETTERS ONLY. DO NOT CIRCLE THE WORD.** The leftover letters spell the Wonderword.

PERSONAL RITUALS **Solution: 4 letters**

E	A	M	D	R	A	H	E	H	E	A	L	I	N	G
T	C	I	E	E	V	R	E	S	B	O	G	L	N	C
I	T	N	N	L	I	S	P	A	C	E	U	O	A	Y
R	I	D	A	S	Y	M	B	O	L	O	I	N	Y	G
O	O	G	E	L	H	T	A	P	S	T	D	F	N	R
V	N	D	L	(E)	A	G	S	S	A	L	H	I	O	E
A	O	A	C	(M)	A	B	E	M	E	C	M	N	S	N
F	I	E	O	(I)	A	N	R	S	R	O	O	D	S	E
O	T	R	N	(T)	E	O	O	E	O	H	Y	L	E	M
R	I	A	H	R	F	P	E	R	Y	C	T	U	L	O
M	S	I	A	S	R	D	G	U	L	A	I	F	E	T
S	N	W	N	U	L	A	U	T	I	R	R	E	A	I
G	A	A	P	D	N	E	P	S	V	I	A	P	R	O
G	R	A	T	I	T	U	D	E	E	N	L	O	N	N
T	T	R	O	P	P	U	S	G	S	G	C	H	L	S

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Action, Awareness, Balance, Bathing, Candles, Caring, Clarity, Clean, Creed, Desire, Emotions, Energy, Favorite, Find, Forms, Gain, Gestures, Gratitude, Grooming, Hard, Healing, Health, Honor, Hopeful, Learn, Lesson, Lives, Mind, Observe, Path, Prayer, Purpose, Read, Ritual, Soul, Space, Spend, Style, Support, Symbol, Time, Transformation, Transition, Yoga

Last Saturday's Answer: Workout

To order the COLLECTED WONDERWORD, Volume 23, 24, 25, 26, 27, 28, 29, 30, 31, 32 and 33 send $8.95 each ($5 for U.S. orders) to Universal Uclick, P.O. Box 8305, Kansas City, MO 64114. Or call toll-free, 1-800-642-5483. Order online at uclick.com.

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Ocean View Terraces. Luxury 2BR & 1BTH Apts w/private balcony & beautiful view. Rooms w/ A/C & Fully Furnished. Back-up Generator. Free Wi-Fi. Laundry Area. Night-time security. 235-6527/28 or 285-1317.

Sunset View Terraces. Luxury 2BR & 1BTH Apts w/private balcony & beautiful view. Rooms w/ A/C & Fully Furnished. Back-up Generator. Free Wi-Fi. Laundry Area. Night-time security. 235-6527/28 or 285-1317.

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Looking for water truck, 3k to 3.5k gals/cap. Must be in good cond. Call 235-6527/28 or 285-1317 look for Jeremy or Norma

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Looking for used cars. Good condition. 2000 yr. & up. We pay cash! Pls. call 287-7676

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House for rent/lease. As Lito, 4BR, 2 1/2 bth, unfurnished. For more info. pls. call 788-7109 after 5pm

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Saipan Tribune also offers a Super Saver Package—a complete 6-day run on both print and online edition, for as low as $27 for garage sales, apartment rentals, help wanted, auto and more. You can choose from any of the packages below.

ADS	(PRINT)	COMBO (PRINT AND ONLINE)
• 3-Liner	$15	$27
• 5-Liner	$24	$39
• 3-Liner with picture	$24	$42
• 5-Liner with picture	$36	$57

ADVERTISING DEADLINE

Classified Ads

Ads must be submitted before 12 noon 2 days prior to publication date

Saturday Issue:

- All ads placed Friday before 12 noon will come out Saturday issue and anything placed thereafter will be published on Monday issue.

CANCELLATION

Classified Ads

Cancellations should be made before 12 noon of the day prior to date of publication.

REFUNDS

Refunds will only be made if cancellation deadlines are met. No refunds will be made once ad is already printed.

CHECK YOUR ADS

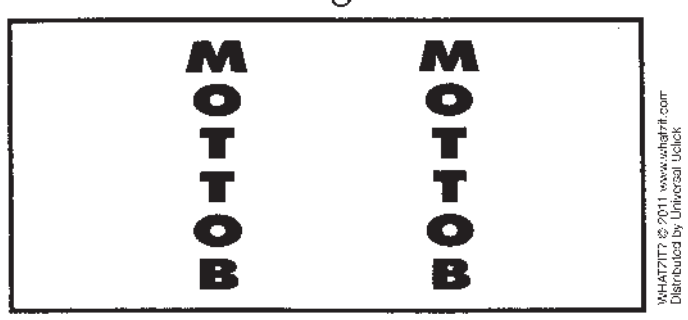
Saipan Tribune will not be responsible for errors after the first day of publication. Errors should be called in before noon of the issue date. *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

ADVERTISING POLICY

All advertising in the *Saipan Tribune* are subject to applicable rate sheet, copies of which are available from the Advertising Sales Department (please call 235-8747, 235-2769 or 235-6397). All ads will be subject to approval prior to publication. We reserve the right to edit, refuse, reject or cancel any ad at any time. Also, *Saipan Tribune* reserves the right to place ads under proper headings and to revise copy when necessary.

WHATZIT?™

Find the familiar phrase, saying or name in this arrangement of letters.



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www.facebook.com/dingbatsgames

Find today's solution in this section

UConn advances to Final Four

ANAHEIM, Calif. (AP)—Jim Calhoun could scarcely watch when the most improbable postseason run of his coaching life at Connecticut came down to an open 3-point attempt by Arizona's Jamelle Horne.

The shot clanged off the back rim. The clock hit zeros.

Nine victories in just 19 days. Calhoun has seen just about everything, but nothing like this—and now his Huskies will keep running all the way to Houston.

Kemba Walker scored 20 points, freshman Jeremy Lamb added 19 and UConn earned its second Final Four berth in three years, beating Arizona 65-63 Saturday to win the West regional.

After missing the NCAA tournament entirely last year, Calhoun's tireless team is headed to the Huskies' fourth Final Four, punctuated by an ebullient on-court celebration in a building packed with Arizona fans.

UConn simply hasn't lost since a .500 Big East regular season, winning five games in five days at the conference tournament before this NCAA run. Walker claims he isn't surprised by this sprint through the postseason, while Lamb has nothing to compare it to, leaving Calhoun alone in his grateful disbelief.

"Never did I imagine a team winning nine games in tournament play in 19 days," Calhoun said. "These brothers, these young guys, have just given me a thrill beyond compare. Our march in the past nine games, I haven't experienced anything like this."

UConn also made the Final Four in 1999, 2004 and 2009—all three times out of the West. In sweet redemption for a program and a veteran coach tarred by scandals over the past year, the Huskies will face the winner of North Carolina's East regional final against Kentucky next Saturday.

Derrick Williams and Horne missed go-ahead 3-pointers in the final seconds for Arizona, allowing the third-seeded Huskies (30-9) to hang on after Lamb scored six key points down the stretch when Walker encouraged the Huskies to run plays for the fearless frosh.

"This is no time to be tired," Walker said. "We're trying to get as far as possible. We want to win this whole thing."

Williams had 20 points while battling foul trouble for the fifth-seeded Wildcats (30-8), who led with 6 minutes to play. After Lamb pushed the Huskies ahead and Walker hit a jumper with 1:13 left, Lamont Jones and Horne then hit late 3-pointers for Arizona, but the Wildcats couldn't convert two good looks in the final seconds.

"The second one, I thought it was definitely going in," Lamb said. "When he missed it, I looked at the clock and saw zero-zero, and I just went, 'Whooooo.' It's the best feeling I've ever had."

The Huskies are the last team standing from the Big East's 11 NCAA entrants. After going 9-9 in regular-season conference play, they've done more than even Calhoun might have expected just three weeks ago.

After the Wildcats missed their final two shots, Walker and Calhoun wrapped each other in a bear hug at center court after the buzzer as Emeka Okafor, Jake Voskuhl and other UConn alums celebrated on the court.

The two-time national champion coach has referred to his group as "an old-fashioned team," a praise of their work ethic and resilience. But they also showed remarkable poise down the stretch in a building firmly in favor of the Wildcats.

A year after Arizona's 25-year streak of NCAA tournament appearances ended, the Wildcats and second-year coach Sean Miller were one 3-pointer away from a return to the Final Four. Williams demolished Duke in the regional semifinals with a career-high 32 points, but three early fouls limited him to 7 minutes in the first half against UConn.

"I've never been prouder of a team, and I've never seen a team come so far as we did in a short period of time," Miller said. "It will probably feel better in a few weeks than it does now."

Jesse Perry scored 14 points for Arizona, which trailed 34-25 early in the second half before scoring nine straight points. The Wildcats reclaimed the lead with 14 1/2 minutes left on Williams' layup, but UConn quickly scored seven consecutive points.

The Huskies led 50-41 until the Wildcats made a 12-2 run that included two rim-ripping dunks by Williams and the go-ahead slam by Perry with 7:17 left. With Honda Center rocking in Arizona red, Lamb smoothly put the Huskies ahead before following Alex Oriakhi's putback layup with a steal and a dunk with 3:08 left for a seven-point lead.

UConn just keeps rolling in what has shaped up as a magnificent season after last year's disappointing NIT trip. The Huskies roared through the league tournament with an unprecedented display of endurance at Madison Square Garden.

"I only feel tired after everything is over," Walker said. "When I'm playing, it's no problem. I'm good."

Walker kept up his incredible scoring pace in the tournament, dropping 33 points on Cincinnati before equaling the highest-scoring tourney game in UConn history with 36 against San Diego State in the regional semis.

Jones did a fairly decent job slowing Walker, his good friend since the sixth grade in New York City. They played together for two years at Harlem's Rice High School, although Walker claimed their history wouldn't give Jones an advantage in their first head-to-head meeting since their AAU days.

Good thing Walker had Lamb, the lanky shooter who betrayed no inkling of nerves in the biggest game of his life.

"I definitely expected to play in the NCAA tournament and have a chance at the Final Four when I chose UConn," Lamb said. "I just didn't know it would happen this fast."

Arizona won the Pac-10 regular-season title and made the top 10 for the first time in late February, but lost consecutive league games in Los Angeles before dropping the Pac-10 tourney finale to Washington on a buzzer-beater.

Last week, Arizona knocked off powerful Memphis and Texas before their 93-77 victory over the Blue Devils.

The West Coast crowd was solidly behind Arizona, with red-and-blue fans filling most of the lower bowl. Williams and the Wildcats repeatedly waved their arms before UConn's possessions, riling up the noisy crowd.

"For us to be one of the last teams standing, a lot of people want to be in our shoes," Jones said. "It's unfortunate that it has to end here, but the feeling of playing here is something you'll always remember."

AP

Connecticut head coach Jim Calhoun, holds the trophy and celebrates with his team after the NCAA West regional college basketball championship game, Saturday, March 26, 2011, in Anaheim, Calif. Connecticut beat Arizona, 65-63.

Butler is back, nips Florida in OT

NEW ORLEANS (AP)—Of course Butler erased a late deficit. Of course the Bulldogs hit a clutch 3-pointer late in overtime. Of course they're going back to the Final Four.

This is the Butler Way.

Shelvin Mack scored 27 points, including five in overtime, and Butler reached the Final Four for the second year in a row with a 74-71 victory over Florida on Saturday.

"This is a huge deal," said Zach Hahn, whose two 3-pointers helped Butler stay close in the first half. "I don't know that any other mid-major has ever done this. It's hardly happened once, let alone twice. It's an unbelievable feeling."

Butler, the Horizon League champ, has vanquished three higher seeds from major conferences—top-seeded Pittsburgh, fourth-seeded Wisconsin and now second-seeded Florida—in succession.

Those big wins came after Howard tipped in a winner in the final seconds against Old Dominion.

This game had another frantic finish.

"We just kind of stayed together, stayed the course, figured it out, and just played resiliently," Butler coach Brad Stevens. "I'm incredibly proud of these guys. They carried their coach in a big way. ... Our players did a great job, and (they are) just a special group. We're really lucky that they're Butler Bulldogs."

Matt Howard scored 14 and Khyle Marshall added 10 for the Bulldogs (27-9), who showed again they simply won't give in, climbing out of an 11-point hole in the last 9:25 of the second half.

Mack was playing through pain after rolling his left ankle in the first half and needed a small bandage on his forehead in the second half. He could not recall what happened to his head, only that it was bleeding when he came to the sideline.

That didn't stop him from draining a crucial 3-pointer with 1:21 left in overtime to give Butler the lead for good at 72-70. He also had enough vigor left during the net-cutting ritual to do a mocking Gator chomp with his arms from atop a ladder.

"It's a physical game. That's what the NCAA tournament is all about," Mack said. "You wouldn't want it any other way."

Kenny Boynton missed a long 3 that could have given Florida (29-8) the lead with a little under 20 seconds left. Alex Tyus appeared to have the offensive rebound, but Howard tied him up and the possession arrow favored Butler.

Florida had to foul Mack with 10.6 seconds to go, and he hit both shots for the final margin before Erving Walker missed a 3 to tie in the final seconds.

"Congratulations to Butler," Florida coach Billy Donovan said. "They had great, great heart tonight. ... I knew they had that, you know, all year long."

Before reaching the round of eight this year, Florida hadn't won an NCAA tournament game since winning its second straight national title in 2007.

The Gators missed the tournament entirely in 2008 and 2009, before returning last year and being knocked out by BYU in the first round.

Florida ended Butler's season twice before in the NCAA tournament, once in 2000 in the first round and again in 2007 in the round of 16.

The Bulldogs hadn't forgotten.

Butler players got motivational text messages from Bulldogs past concerning their latest matchup with the resurgent Gators.

In the locker room after the game, players said they hoped they made the Butler community proud. Judging by video of celebrating fans back in Indianapolis being passed around the locker room on a cell phone, they had.

Last year, Butler was able to play in front of those fans at the Final Four in Indianapolis, where about 30,000 fans attended their open practice.

Now it seems as though the Bulldogs win the crowd wherever they play, although Stevens suspects the support they had at last season's Final Four in their hometown will be hard to top.

"Nothing will be like Indy. Indy was crazy," Stevens said. "If there's 30,000 people (at open practice) they're going to try to be getting whoever else's autographs are there in Houston. It's not going to be for our guys. ... But trust me, we will play anywhere they send us and we are thrilled to go to Houston."

Stevens knows it won't be the same this time.

Vernon Macklin scored a career-high 25 points for Florida, while Boynton finished with 17 points and Tyus had his second-straight double-double with 14 points and 10 rebounds.

Butler had to overcome Florida's size advantage and a number of its own mistakes.

In regulation, the Bulldogs made 10 of 20 free throws and shot 39.6 percent (21 of 53), including 8 of 30 from 3-point range. Yet they somehow found a way to survive to overtime, when they hit all seven foul shots and three of their eight field goals.

Remarkably, Butler also outrebounded the Gators, 41-34.

Now the Bulldogs are one win away from a second straight appearance in the national championship game.

Griffin lifts Clippers over Raptors

LOS ANGELES (AP)—Blake Griffin had 22 points and 16 rebounds, Chris Kaman added 17 points and 12 boards, and the Los Angeles Clippers beat Toronto 94-90 on Saturday night to hand the Raptors their fourth straight loss.

The Clippers had lost their previous five meetings with the Raptors by an average of 17.4 points. Eric Gordon, who missed his first 11 shots in Friday's 112-104 loss to the Lakers, had 17 points after getting into early foul trouble, and Mo Williams finished with just nine points after scoring a season-high 30 against the two-time defending champions.

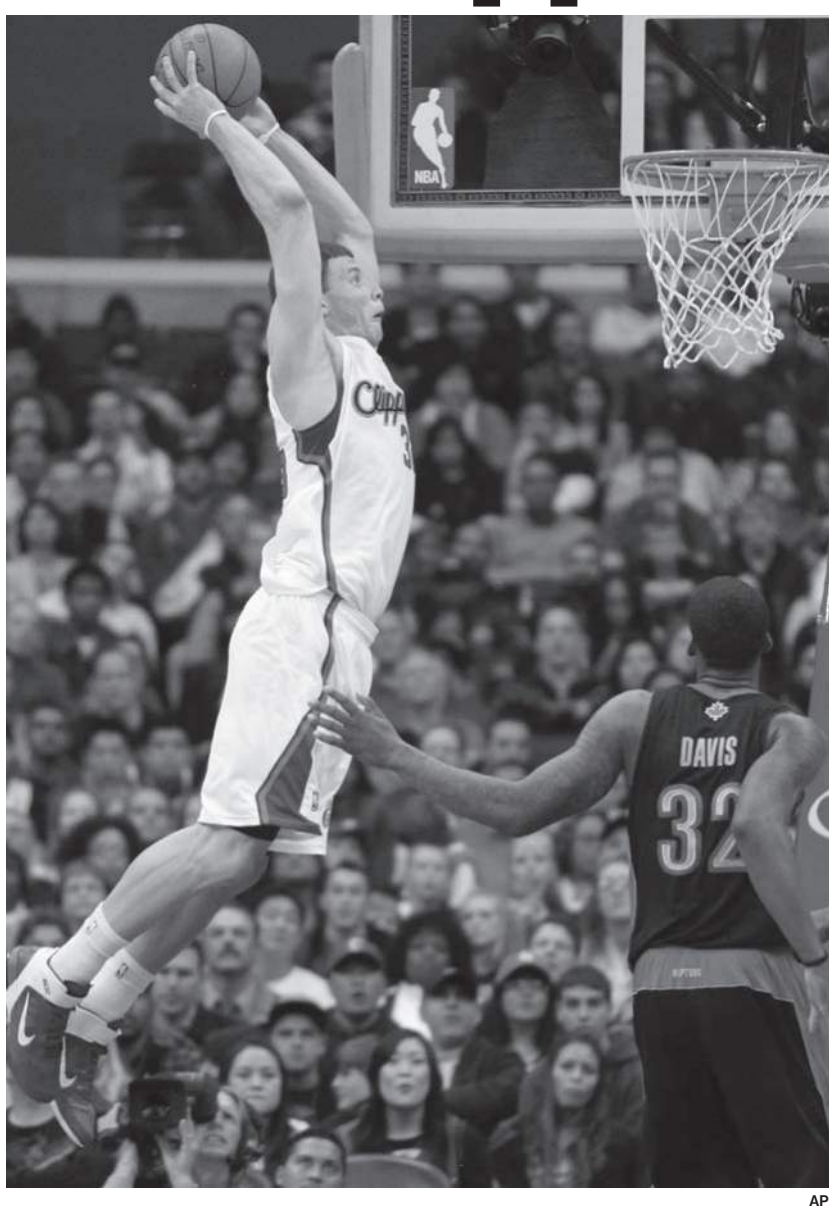
Ed Davis had 21 points and 11 rebounds for the Raptors, who ended a 1-4 road trip in which they fell behind by more than 40 points to both Denver and Golden State.

Jose Calderon, who sat out the second half of Friday's 138-100 loss to the Warriors because of a strained left hamstring, was back in the starting lineup against the Clippers and scored 16 points in 34 minutes.

Raptors leading scorer Andrea Bargnani was scratched because of an ankle problem. In Friday night's 138-100 loss at Golden State, Bargnani scored just seven points in 27 1-2 minutes after averaging 23.3 over his previous six games.

The Raptors, who set a franchise record for most points allowed in a half by surrendering 84 in the first 24 minutes against the Warriors, led the Clippers 44-43 at intermission. They went up by as many as 10 with 8:27 remaining before the Clippers pulled ahead 85-82 with a 15-2 run capped by Kaman's layup off an offensive rebound with 3:21 left.

Toronto regained the lead at 88-87 on a layup by Davis with 1:58 to go, but Griffin got it back for good with a dunk, and Gordon hit the Clippers' first 3-pointer of the game with a minute left to put Los Angeles ahead 92-88. Williams helped sealed the win with a pair of free throws.



AP

Los Angeles Clippers' Blake Griffin dunks the ball on an alley-oop pass from Mo Williams, not pictured, as Toronto Raptors' Ed Davis (32) looks on during the first half of an NBA basketball game in Los Angeles on Saturday, March 26, 2011. The Clippers won, 94-90

Bulls 95, Bucks 87

In Milwaukee, Derrick Rose hit three straight shots in the final two minutes, rallying the Chicago Bulls to a 95-87 victory over the Milwaukee Bucks on Saturday night.

Rose scored 30 points and had a career-high 17 assists, and nearly single-handedly brought the Bulls from behind with the clock winding down.

With Chicago trailing 87-83, Rose hit a pair of free throws, then fed Joakim Noah for a fast-break dunk to tie it. Rose then hit three straight shots for the Bulls, and handed off to Ronnie Brewer for a fast-break layup.

Carlos Boozer had 14 points and 11 rebounds for Chicago, while Noah scored 12 with 11 rebounds.

John Salmons scored 25 and Carlos Delfino added 23 for the Bucks, who are scrambling to make the playoffs.

Mavericks 94, Jazz 77

In Sal Lake City, reserve Jason Terry scored five of his 22 points in a 13-0 fourth-quarter run to lead the Dallas Mavericks to a 94-77 victory Saturday night over Utah and hand the slumping Jazz their fifth straight loss.

The win gave the Mavs their first series sweep of the Jazz since the 2004-2005 season.

Dirk Nowitzki added 19 points and ran his consecutive free throw mark to 72.

The Jazz took a 60-58 lead into the fourth quarter, and led 70-68 with 6:21 left on Raja Bell's 20-foot jumper. But the Mavs went on a 13-0 run.

Jose Barea and Terry started it with back-to-back 3-pointers, Shawn Marion then stole the ball and dunked at the other end for a 76-70 lead. Tyson Chandler capped the run with a three-point play.

Al Jefferson led the Jazz with 21 points, but was ejected in the final minute.

Utah scored just 30 points in the second half after leading 22-20 after the first and 47-43 at halftime.

Pistons 100, Pacers 88

In Auburn Hills, Richard Hamilton scored 23 points, and the Detroit Pistons held off the Indiana Pacers 100-88 on Saturday night.

The Pistons went on a 21-3 run during the third quarter to take an 18-point lead. The Pacers, who are fighting for a playoff spot in the Eastern Conference, cut the lead to six in the fourth quarter, but Hamilton drove for an easy layup, then made a nice pass to Rodney Stuckey for a layup to make it 90-80.

Brandon Rush scored 19 points for the Pacers.

Detroit's Charlie Villanueva, benched for the Pistons' loss to Cleveland on Friday, didn't play until the fourth quarter Saturday, but he played that entire period and made all five of his shots to finish with 13 points.

Hamilton was benched earlier in the season, but he's been back in the lineup lately and may have been the best player on the court Saturday. He shot 7 of 13 from the field and added six assists, although he also had five turnovers. Stuckey added 16 points, and Tayshaun Prince scored 13 for Detroit.

Hawks 98, Nets 87

In Atlanta, the Atlanta Hawks took control with 19 straight points early in the game and clinched a playoff spot by beating the New Jersey Nets 98-87 on Saturday night.

Al Horford had 23 points and 12 rebounds for Atlanta, including six straight points late in the game to fend off a comeback attempt by New Jersey. Josh Smith added 22 points for the Hawks, who are in the playoffs for the fourth straight season.

Atlanta lost five-time All-Star guard Joe Johnson with a strained right thumb in the third quarter. He will miss at least one game as he remained in Atlanta on Saturday night as the team left for Sunday's game at Cleveland.

Anthony Morrow had 25 points for the Nets, who have lost six of seven.

The Hawks' big lead was 30 points in the third quarter before Morrow led a fourth-quarter surge for the Nets. A putback by Kris Humphries with 5:03 remaining cut Atlanta's lead to 10 at 88-78.

Bobcats 114, Knicks 106

In Charlotte, Boris Diaw scored 20 points, Stephen Jackson added 19 despite a sore hamstring, and the Charlotte Bobcats provided more misery for the slumping New York Knicks with a 114-106 victory Saturday night to complete an impressive two-day stretch.

A night after a stunning comeback win in Boston, the Bobcats sent the Knicks to their sixth straight loss despite 36 points from Carmelo Anthony to remain in contention for the final playoff spot in the Eastern Conference.

The Bobcats built a 20-point third-quarter lead and withstood an Anthony-fueled rally that got New York within 110-106 with 1:34 left. The Knicks didn't score again to fall to 7-12 since acquiring Anthony and Chauncey Billups last month.

Landry Fields added 16 points in a new role coming off the bench for New York. But he and Billups, who had 14 points and 10 assists on 6-of-16 shooting, missed jumpers late as the Knicks lost for the ninth time in 10 games amid woes on both ends of the floor.

Charlotte, the NBA's second-lowest scoring team coming in at 92.8 points a game, shot 47 percent and held a 46-39 rebounding advantage. The Bobcats entered the night two games behind Indiana for eighth place in the East.

Laird builds 2-shot lead at Bay Hill

ORLANDO, Fla. (AP)—Martin Laird already had lost a four-shot lead Saturday at Bay Hill, and as his 6-iron on the par-3 17th began to fade weakly toward the pond, he wondered if a two-shot lead would disappear even quicker.

He was happy to see it land in the bunker, some 80 feet from the flag. Then came a long blast from the sand to 6 feet, and a par save that felt like a birdie. It was like that all day at the Arnold Palmer Invitational, only one thing didn't change.

Laird never surrendered the lead.

The 28-year-old Scot made it through an up-and-down day with a 2-under 70 and had a two-shot lead over Spencer Levin.

"That was a big one," Laird said of his par save on the 17th, one hole after a two-shot swing gave him a cushion. "I was lucky. I wasn't sure if it was going to make it over the water, to be honest, when it was in the air. And I was lucky to make it over, and then that was a big up-and-down."

Now comes the hard part.

Laird was at 11-under 205. This is the third time in his last 12 stroke-play events on the PGA Tour that he has been atop the leaderboard going into the final round, and the last two ended with someone else celebrating. At The Barclays, it was Matt Kuchar hitting a 7-iron to 30 inches to beat him in a playoff. In Las Vegas, it was Jonathan Byrd making a hole-in-one to win a three-man playoff.

Levin, who had to scramble for bogey on the easy 16th to fall two shots behind, put his troubles behind him quickly and finished off a 71 to get into the final group.

That's not to say it will be a two-man race.

With wind in the forecast, six players are separated by five shots. That includes two players who appear to be getting closer to their first PGA Tour win, Steve Marino and Rickie Fowler.

It does not include Tiger Woods.

The six-time Bay Hill winner had another Saturday swoon, trading an eagle and birdies with bogeys and a double bogey that sent him to a 2-over 74 and left him 10 shots out of the lead.

"Hopefully, the wind blows tomorrow and I can post a good one," Woods said. "And I can get a little momentum going into Augusta."

Others are simply trying to get there, starting with Levin. Nothing short of a victory would send him to the Masters.

"That's in the back of my mind, for sure," Levin said. "That's a nice thing to be thinking about - hopefully, try not to think about it, though. You have to think about what you're doing here."

Laird ran off three straight birdies early in the round to build a four-shot lead. Four holes later, Levin pulled within one shot and they were tied for the lead with three holes to play.

That's when it turned in the Scot's favor.

Laird got up-and-down for birdie from just right of the green on the 16th, while Levin was in trouble from the start. He drove into the trees, chipped out into a bunker and then pulled his third shot into the water. He had to make a 6-foot putt to escape with bogey on the easiest hole at Bay Hill.

"I know tomorrow I have to concentrate hard ... and hopefully I'll wind up on top," Laird said.

He went to Augusta National to practice a few weeks ago and looks forward to the Masters. But that can wait. The winner at Bay Hill gets a trophy, a big paycheck and an audience with the King, tournament host Arnold Palmer.

"This is a pretty good tournament to win, too," he said.

But there is much work ahead of him, especially if the gusts return to a course that already is demanding.

Bubba Watson, a winner already this year at Torrey Pines, holed a 40-foot birdie putt on the 18th to finish off a 68. He was at 7-under 209, four shots behind. Also at 209 was Marino, who already has had two good chances at his first PGA Tour win this year.

Fowler, dressed in hot pink that elicited cries of "Pretty Rickie" from a large, sun-baked gallery, overcame a double bogey on the sixth when he drove into the water and shot 70 to stay in the game at 6-under 210, along with David Toms (69).

Woods started poorly, going from the left rough to the bunker and missing a 7-foot par putt on the opening hole. He had one stretch that went birdie-bogey-eagle, and with the leaders getting away from him, went after the flag on the 13th and hit along the rocks. He wound up missing a 5-footer to take double bogey, then hit a fat shot from the bunker into the water on the 16th to make bogey.

He has yet to break 70 in the third round this year.

"I made a few mistakes out there," Woods said. "There was a point in the round I had to get more aggressive on 13 and paid the price for it. I figured I needed to shoot 3 or 4 under, and it backfired on me a little bit."

Camacho leads Home Run Derby winners

By WALTER CEPEDA-SUTHERLAND
walter_sutherland@saipantribune.com
REPORTER

Senior League division's Carl Camacho, Major's Benjamin Maratita, Junior's Ian Rogolifoi, and Big League's Joshua Jones reigned supreme the 2011 Saipan Little League Home Run Derby held Friday at the Francisco "Tan Ko" Palacios Ballfield.

Competitors in each division had 10 chances each to knock a ball off a tee passed the designated home runs areas. Thirty-eight participated in the event.

Tan Holding's Fielders' Camacho and CTS Ol'Aces' Jake Flores each busted four homers in the opening round, but the former airmailed three in a row in the tiebreaker round, while the latter only managed one. Jets' Brian Camacho finished third with three home runs.

Saipan Shipping-Pacific Amusement Jets' Maratita belted seven out of 10 balls to place first among 12 majors division participants. He won $20 cash prize. Bank of Saipan Red Sox's Jaden Camacho, teammate Jesse Sablan and Jets' Nathan Camacho each hit six out. Then Jaden Camacho won the tiebreaker over Jesse Sablan, 2-1, while Nathan Camacho came up empty in the clutch. Jaden Camacho won a Hollywood Theater movie pass, while Sablan received $5 cash.

WALTER CEPEDA-SUTHERLAND

Tan Holding's Fielders' Carl "Moon" Camacho gets ready to jack his third home run in row during his first place tiebreaker duel against CTS Ol'Aces' Jake Flores in Friday's Saipan Little League Senior Division Home Run Derby at the Francisco "Tan Ko" Palacios Ballfield.

IT&E Fielders' Rogolifoi took the Junior League honors over Jets' Nathan Sablan, 2-1, to top the six-player field. Rogolifoi won $10 prize, Nathan Sablan received a movie pass and Fielders' Khobby Kaipat finished third and won his money back.

Jones of the Natibu Northern Stars and IT&E Fielders' KJ Villagomez each blasted seven homers in the opening round for the Big League. However, Jones came out on top in the tiebreaker, 3-1, while Docomo Ol'Aces' Keoni Lizama settled for third chair with five homers. Jones won $10 cash prize, Villagomez took a movie pass, and Lizama claimed $5.

During the derby, organizers also raffled off a pair of movie passes and a $20 Payless Shoe Source gift certificate. SLLB would like to thank Sonny and Annie Flores, Delores B. Dela Cruz and Chel Castro for the cash prize donations, Hollywood Theater, AJ Murig and Calvani DL Guerrero for providing movie passes, and Jets' Connie DL Guerrero for the Payless Shoe Source gift card.

CAREY

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pro Daz Parker (3:10:11) and Guam's Kelly Dawes (4:01:56). The 32-year-old Carey submitted 16:08 (fifth best) in the swim leg in the waters off Piti, 1:49:06 (eighth overall) in the uphill bike race, and 53:23 (fifth) in the trail run.

The Saipan bet managed to finish the race and took the No. 1 spot in the women's division despite having a problem with her bike and crashing once.

"The bike course here is different than Saipan. It was almost all muddy because of the rain. It was so wet that we had to slow down to avoid falling down. I fell once and I also had a problem on my chain. I thought I have to carry my bike to the finish line, but I was lucky to be able to fix it," Carey said.

In the men's division, as expected, Gardner topped the field with the day's fastest time of 2:30:47. The U.K. pro defeated Japan's Takahiro Ogasawara (2:33:41) for the second time this month and Guam's Peter Lombard (2:54:55). Ogasawara was runner-up to Gardner in the 2011 XTERRA Saipan Championship.

Gardner got off to a slow start, placing only seventh in the swim race with his 27:25. He made up for the lost time in the bike split, posting the fastest time at 1:26:01, and then recorded the best time, too in the run race at 46:28 to complete a three-peat in XTERRA Guam.

CARMELITA

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Docomo Pacific phone package and a $300 Shell fuel card.

Carmelita said its heaviest catch was one of 14 mahi caught that day at their hot spot off the coast of Goat Island. Notably, the team also brought an 87-lb yellow fin tuna to the scale.

Gizelle of captain Igsang Kwon and crewmembers Henry Hofschneider and Frank Diaz took the runner-up honors with their 26.40-lb mahi. They took home $300, a $200 Docomo package and a $100 Shell fuel card.

San Juan III of captain Antonio Maestro and angler John San Nicolas came in third place with a 25.40-lb mahi and won $200 and a $200 Docomo package.

Nikita Ann of captain Jess Taitano and crew Jess Jr., and Marylyn Taitano placed fourth with their 22.80lb mahi and were awarded a $200 Docomo package and a $100 Shell fuel card. Youngest derby competitor, nine-year-old Jesse Boy Jr., reeled in the team's heaviest catch of the day.

Fifth finisher, *The Marianas*, under captain Jess Muna and crewmates Isidiro Sablan and Pete Guerrero turned in a 21.25-lb mahi and won a $200 Docomo phone package.

Thirty-one boats competed in the Mahi derby.

Of these total, 17 entered the wahoo side bet for an additional $50 on top of the entrance fee.

Five boats brought in wahoos last Saturday, but *Joker IV's* 25.20-lb wahoo gave captain Mario Barit and his crew the $850 jackpot.

"The water was a little rough, but overall we were quite satisfied with the turnout and execution of the event. We would like to give a special thank you to sponsors Pacific Trading, Miller-Lite, Pepsi, Monster, Advance Pest Control, NTT Docomo Pacific, and Shell for making the event possible. I'd also like to thank all the participants and volunteers," Saipan Fishermen Association event chairman John Guerrero.

Guerrero also reminded the public about the 28th Annual Saipan International Fishing Derby that will be held on July 23 and 24.

SFA incoordination with the Marianas Visitors Authority and the CNMI Division of Fish and Wildlife organized the event.

LADY

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29-15 victory over the MISO All-Stars. The Lady Dolphins were scheduled to face the COPSSA All-Stars last night and another win will give the former the sweep and the No. 1 spot in the single-elimination playoffs.

Ira Palero paced MHS against Settsu, firing 12 points. Maki Maeike led Settsu's losing cause with her 10 markers.

Settsu then recovered from its opening-game loss after clobbering the COPSSA All-Stars, 24-5. The Japanese were set to complete their round-robin assignment against the MISO All-Stars yesterday, but results of the match were unavailable at press time.

The MISO All-Stars were 1-1, pending the results of their match against Settsu. The MISO All-Stars, who won last year's tournament against 2009 champion Settsu, 75-54, routed COPSSA All-Stars in the second game of the day, 27-6.

The first game of the three-day tournament featured defending champion MISO All-Stars and Settsu Red Impulse with the former prevailing in a close game, 18-16.

MISO All-Stars, who topped COPSSA All-Stars in last year's finals, 77-74, drew nine points from John Darag to edge the visiting Japanese players. Darag scored MISO All-Stars' last four points to lift the selection to a two-point win.

Red Impulse dropped to a 0-2 record, as it also bowed to COPSSA All-Stars in another down-to-the-wire match, 19-21.

The visiting team was slated to duel undefeated Kagman Ayuyus in the penultimate game in the opening day of the tournament yesterday. The Ayuyus, who won this season's MISO caging against MHS, pulled off a 27-23 win over the MISO All-Stars, and had a similar four-point victory against the COPSSA All-Stars, 39-35, to boost their chances for the No. 1 seeding in the playoffs.

In today's playoff round, the No. 2 seed in the boys division will face the No. 4 ranked team at 3pm. At 4pm, the No. 2 and 4 teams in the girls division will collide for the first finals berth. Then the last two semis games will have the No. 1 and 3 squads battling for the second finals seat in the boys and girls divisions.

The championship games will be played tomorrow with the girls title match set for 7:30pm after the boys finale at 6pm.

BACK-TO-BACK

From Page 28

ranged a title tiff against Villanueva after an 8-6 triumph over Luther Lizama yesterday morning. Villanueva also played back-to-game games yesterday, thumping Michael Ren in the other semis game in the morning, 8-5.

In the girls U15 finals, Gladsden took the title against Saipan bets, sweeping Mikayla Lopez in two sets, 6-1. 6-4. The Guam netter first won over Saipan's Negahr Rastguiy, 6-0, 6-1, to advance to the finals against Lopez, who defeated fellow CNMI player Adele Hudkins, 6-0, 6-0.

In the boys U15, Miller topped the 14-player field, clinching the title after a downing Jake Lee in the finals. The official score of the title match was unavailable at press time, but Miller won in straight sets.

Miller made it to the finals after a 7-5, 7-6 win over Amami Sakano, while Lee advanced after a 6-2, 6-0 victory over Carl Dela Cruz.

In the girls U18, favored Thea Minor went undefeated and secured the championship after a 6-2, 6-1 win over Mikayla Lopez yesterday. Minor swept Amy Arenovski in the semis, 6-1, 6-0, while Lopez edged Theecel Minor in the other semis tiff, 6-1, 7-5.

The boys U18 title went to Rafael Jones, who beat Daniel Park in straight sets, 6-1, 6-2.

Adults doubles were also played over the weekend and results will be published in *Saipan Tribune*'s Tuesday edition.

TRIBUNE SPORTS SCORES

NBA STANDINGS

EASTERN CONFERENCE

Atlantic Division

	W	L	Pct	GB
y-Boston	50	21	.704	—
Philadelphia	37	35	.514	13 1/2
New York	35	38	.479	16
New Jersey	23	49	.319	27 1/2
Toronto	20	53	.274	31

Southeast Division

x-Miami	50	22	.694	—
x-Orlando	47	26	.644	3 1/2
x-Atlanta	41	32	.562	9 1/2
Charlotte	30	42	.417	20
Washington	17	54	.239	32 1/2

Central Division

y-Chicago	53	19	.736	—
Indiana	32	42	.432	22
Milwaukee	29	43	.403	24
Detroit	26	47	.356	27 1/2
Cleveland	14	57	.197	38 1/2

WESTERN CONFERENCE

Southwest Division

x-San Antonio	57	15	.792	—
x-Dallas	51	21	.708	6
New Orleans	42	31	.575	15 1/2
Memphis	40	33	.548	17 1/2
Houston	38	34	.528	19

Northwest Division

Oklahoma City	47	24	.662	—
Denver	44	29	.603	4
Portland	42	30	.583	5 1/2
Utah	36	38	.486	12 1/2
Minnesota	17	56	.233	31

Pacific Division

y-L.A. Lakers	52	20	.722	—
Phoenix	36	35	.507	15 1/2
Golden State	31	42	.425	21 1/2
L.A. Clippers	29	45	.392	24
Sacramento	19	52	.268	32 1/2

x-clinched playoff spot
y-clinched division

Yesterday's Games

Atlanta 98, New Jersey 87
Charlotte 114, New York 106
Detroit 100, Indiana 88
Chicago 95, Milwaukee 87
Dallas 94, Utah 77
L.A. Clippers 94, Toronto 90

BAY HILL SCORES

ORLANDO, Florida (AP) — Scores Saturday from the Arnold Palmer Invitational, a US PGA Tour event at 7,419-yard, par-72 Bay Hill Club and Lodge Course:

Third Round

Martin Laird	70-65-70	—205
Spencer Levin	66-70-71	—207
Bubba Watson	70-71-68	—209
Steve Marino	71-67-71	—209
David Toms	74-67-69	—210
Rickie Fowler	69-71-70	—210
Marc Leishman	73-72-66	—211
Trevor Immelman	72-71-68	—211
John Senden	71-72-68	—211
Charles Howell III	73-65-73	—211
Brendon de Jonge	71-71-70	—212
Ryan Moore	74-67-71	—212
Chris Couch	70-71-71	—212
K.J. Choi	72-64-76	—212
Charlie Wi	73-74-66	—213
Kyle Stanley	74-73-66	—213
Heath Slocum	75-70-68	—213
Brian Davis	70-72-71	—213
Hunter Mahan	69-69-75	—213
Phil Mickelson	70-75-69	—214
Justin Rose	72-72-70	—214
J.J. Henry	75-70-69	—214
Jim Furyk	74-69-71	—214
Dicky Pride	77-66-71	—214
Brian Gay	75-68-71	—214
J.B. Holmes	73-69-72	—214
Sergio Garcia	73-68-73	—214
Vaughn Taylor	70-68-76	—214
Stewart Cink	76-71-68	—215
Rod Pampling	73-72-70	—215
Troy Matteson	72-73-70	—215
Henrik Stenson	73-71-71	—215
D.J. Trahan	72-71-72	—215
Nick O'Hern	73-70-72	—215
Fredrik Jacobson	71-71-73	—215
Ian Poulter	71-71-73	—215
Tiger Woods	73-68-74	—215
Pat Perez	74-74-68	—216
Sam Saunders	74-73-69	—216
Mark Wilson	74-72-70	—216
Zach Johnson	76-70-70	—216
D.A. Points	73-71-72	—216
Bo Van Pelt	74-70-72	—216
Hunter Haas	70-73-73	—216
Arjun Atwal	72-72-72	—216
Tom Gillis	73-70-73	—216
William McGirt	73-68-75	—216
Brendan Steele	76-70-71	—217
Scott Verplank	76-69-72	—217
Aaron Baddeley	76-69-72	—217
Daniel Chopra	70-72-75	—217
Rocco Mediate	70-72-75	—217
Charl Schwartzel	76-72-70	—218
Billy Hurley III	71-75-72	—218
Robert Damron	73-72-73	—218
Lee Janzen	70-73-75	—218
Jason Dufner	70-70-78	—218
Robert Allenby	79-69-71	—219
Edoardo Molinari	72-75-72	—219
Kevin Na	74-73-72	—219
Chad Campbell	72-75-72	—219
Robert Garrigus	71-75-73	—219
Johnson Wagner	74-72-73	—219
Bill Lunde	73-70-76	—219
Colt Knost	75-73-72	—220
Kevin Streelman	75-73-72	—220
Ernie Els	75-72-73	—220
Stephen Ames	75-69-76	—220
Erik Compton	75-67-80	—222
Skip Kendall	75-73-75	—223
Carl Pettersson	75-73-75	—223
Paul Goydos	78-69-76	—223
Roland Thatcher	74-74-78	—226

BY THE ASSOCIATED PRESS

Weekend Sports

Tagaman caps March trifecta

By ROSELYN B. MONROYO
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REPORTER

The 2011 Tagaman Triathlon provided the CNMI sports community the last top class event for this month.

The road race, which completed March's trifecta after the Saipan Marathon and the 2011 XTERRA Saipan Championship, featured more than 100 on and off-island triathletes with United Kingdom's Sam Gardner and U.S. pro Suzie Snyder leading the list of solo race winners.

It was Gardner's second straight victory in Tagaman, while Snyder won in her debut. Gardner went on to take the PIC Double title in the men's division, while Austria's Carina Wasle topped the women's category.

In the relay race, swimmer Victoria Chentsova, biker Kevin Carey, and runner Mamiko Oshima-Berger prevailed over 13 other teams.

Not to be outdone were participants in the 2011 Taga Kids. Twenty-seven U15 athletes finished the afternoon race around the American Memorial Park compound, following the completion of Tagaman.

Other significant events last week were the continuation of the NMIFA youth and men's leagues, the Tan Holdings badminton tournament, the Saipan Little League Baseball, the Saipan Bowling Association's monthly roll-offs, and the 2011 March Madness Pacific Regional Basketball Championships in Guam.

Inter Godfather's notched its third win in as many games in the men's league to lead in Division A. MP United is also undefeated in both the boys U15 and U18 divisions of the spring youth league.

Over at the Francisco "Tan Ko" Palacios and Miguel Basa "Tan Ge" Pangelinan ballfields, teams continued their hunt for the pennant championships and playoffs berths in the Majors, Junior, Senior, and Big League divisions.

In the SBA roll-offs at the Capitol Bowling Center, Simon Manacop and Gloria Omechelang won for the first time this season after ruling the Budweiser King and Queen of the Lanes tournament, respectively.

In the Fiji Water Prince/Princess of the Lanes tournament, M.J. Aldan prevailed anew for his third monthly crown.

In the Tan Holdings badminton tournament being played at the REM Center in Gualo Rai, the race for the playoffs sports in different divisions, particularly the categories with two or three pools, heated up.

In basketball, Saipan sent three teams to the "March Madness" in Guam and all failed to advance to the playoffs. The Hoopaholics and Rollers Basketball Club's U20 Team shared identical 0-6 records in the pool play, while the CNMI Nationals had a decent finish with their 2-4 slate.

ROSELYN B. MONROYO
From left, Lucelle Lampera, Ferdie Arago, Macoi Aguda, and Anna Alvarez pose for a photo before their doubles games in the Tan Holdings tournament at the REM Center.

ROSELYN B. MONROYO
Inter Godfather's Peter Loken kicks the ball against a Baek Du San defender during their game in the men's league at the Oleai Sports Complex Field.

▲ Suzie Snyder, left, and Sam Gardner pose with their trophies during the awards ceremony for the 2011 Tagaman Triathlon at the Pacific Islands Club.
ROSELYN B. MONROYO

◀ Taga Kids participants pose for a group photo before the race starts.
CONTRIBUTED PHOTO

CONTRIBUTED PHOTO
From left, runners-up Niko Gutierrez and Leeanne Yarobwemal, and March roll-off winner M.J. Aldan pose for a group photo after the Fiji Water Prince/Princess of the Lanes tournament at the Capitol Bowling Center.

ROSELYN B. MONROYO
MP United and Matansa players chase the ball during the first half of their game in the boys U15 division of the NMIFA youth league at the Oleai Sports Complex Field.

ROSELYN B. MONROYO
PIC Double finishers share a funny moment during the awards ceremony for the 2011 Tagaman Triathlon at the Pacific Islands Club.

Saipan Tribune
Sports

Carey, Gardner top XTERRA Guam

CONTRIBUTED PHOTO

Mieko Carey negotiates the 8.2-kilometer trail course of Saturday's XTERRA Guam.

By ROSELYN B. MONROYO
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REPORTER

Saipan's Mieko Carey reclaimed the women's division crown, while United Kingdom's Sam Gardner notched his third straight men's title after ruling the 2011 XTERRA Guam on Saturday.

Carey, who topped the 2008 edition of the annual race and placed only third last year, this time was the first female finisher in the field and fourth overall to win her second XTERRA Guam crown. The Saipan triathlete timed in at two hours, 58 minutes, and 37 seconds in the one-kilometer swim, 31-km mountain bike race, and 8.2-km trail run of the weekend race.

Carey was the lone female triathlete to complete the event in under three minutes and she beat U.K.

See CAREY on Page 26

Carmelita wins Mahi Derby

By WALTER CEPEDA-SUTHERLAND
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REPORTER

Carmelita skippered by Supreme Court associate justice Alex Castro with crewmates Alex Castro Jr., Jerry Babauta, and Rufino S. Inos caught a 30.35-lb mahi to top the 7th Annual Miller-Lite Mahi Fishing Derby on Saturday.

Besides the bragging rights for a year, *Carmelita* also won $500 cash prize, a $200 NTT

See CARMELITA on Page 26

WALTER CEPEDA-SUTHERLAND

Carmelita crewmembers pose for a picture with family members and, from right SFA president Gene Weaver, Pacific Trading, Co.'s Charles Cepeda and SFA event chair John Guerrero, back, after receiving the top prize in last Saturday's 7th Annual Miller-Lite Mahi Fishing Derby at the Smiling Cove Marina.

Lady Dolphins, Ayuyus undefeated

By ROSELYN B. MONROYO
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REPORTER

Marianas High School and Kagman High School got off to a strong start in the 2011 Settsu-Saipan Friendship Basketball Tournament after sweeping their first two games yesterday at the MHS Gymnasium.

The Lady Dolphins won their opening match against Settsu Red Impulse of Japan, 29-26, and then went 2-0, following a

See LADY on Page 26

ROSELYN B. MONROYO

The MISO All-Stars' Adrian Palacios drives to the baseline against the COPSSA All-Stars' Yi Shan Wang during their game in the Saipan-Settsu caging yesterday at the Marianas High School Gymnasium.

ROSELYN B. MONROYO

Tammy Ackerman hits a low ball down the baseline during her semis game against Carol Lee in the girls U12 singles division of the PIC tournament at the Pacific Islands Club hard courts on Saturday.

Back-to-back for Ackerman

By ROSELYN B. MONROYO
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REPORTER

After a seesaw performance last season, Tammy Ackerman continued her strong showing this year, winning the girls U2 singles crown in the 11th Annual PIC Tennis Championships.

Ackerman won in the finals against Emily Jones, 8-0, yesterday at the Pacific Islands Club hard courts. It was Ackerman's second U12 singles title in two months, as she also prevailed over Jones last month, 8-6, during the Coconut Classic tournament at the American Memorial Park tennis courts.

Before her back-to-back wins in the girls U12 singles, Ackerman had an on-and-off performance in various tournaments last year, as she was either injured and pulled out of games or missed the entire event due to other commitments.

The Saipan Community School student advanced to the finals of the PIC netfest after beating Carol Lee, 8-3, while Jones gained the second championship berth after downing Isabel Heras, 8-5. Ackerman also won over Mimi Sakano in the first round, 8-0, while Jones had a similar shutout victory over Ami Tsukagoshi to move into the semifinals.

Other junior singles champions were Colin Ramsey, Christian Miller, Guam's Chloe Gadsden, Thea Minor, and Rafael Jones.

Ramsey took the boys U12 championship after beating Morris Villanueva in the finals yesterday, 8-3. Ramsey ar-

See BACK-TO-BACK on Page 26